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6 golden rules to run your best right now p44

Boost Stamina
With A Kebab!

5 Ways To
Cross-Train
Smarter

SHAVE 45 SECS
OFF YOUR 5K p19

Outrun Old Age p27

The Simple
Gym-Free
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Eat
This,
Lose
Fat!

p17

Beat

- Shin Splints
 - Achilles Pain
 - Calf Strains
- for Good!*

p82

THE
WORLD'S
GREATEST
RACE

*...That you've
never heard of*



A person wearing a bright neon yellow jacket is standing on a rocky ledge, looking out over a vast, brightly lit city at night. The city lights are a mix of red, orange, and white, creating a dense, glowing pattern against the dark sky. The person's arm is resting on their hip, and they are looking towards the horizon.

IT'S A BIG WORLD.

A person wearing a bright neon yellow long-sleeved jacket, black leggings with a white stripe, and a black beanie stands on a dark, rocky outcrop. They are looking out over a vast, brightly lit city at night, with numerous colorful lights (red, green, blue, white) visible. The sky is dark blue.

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GO RUN IT.

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C N T E N T S

OCTOBER 2015

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NO. 10

Cover photography
Glen Montgomery



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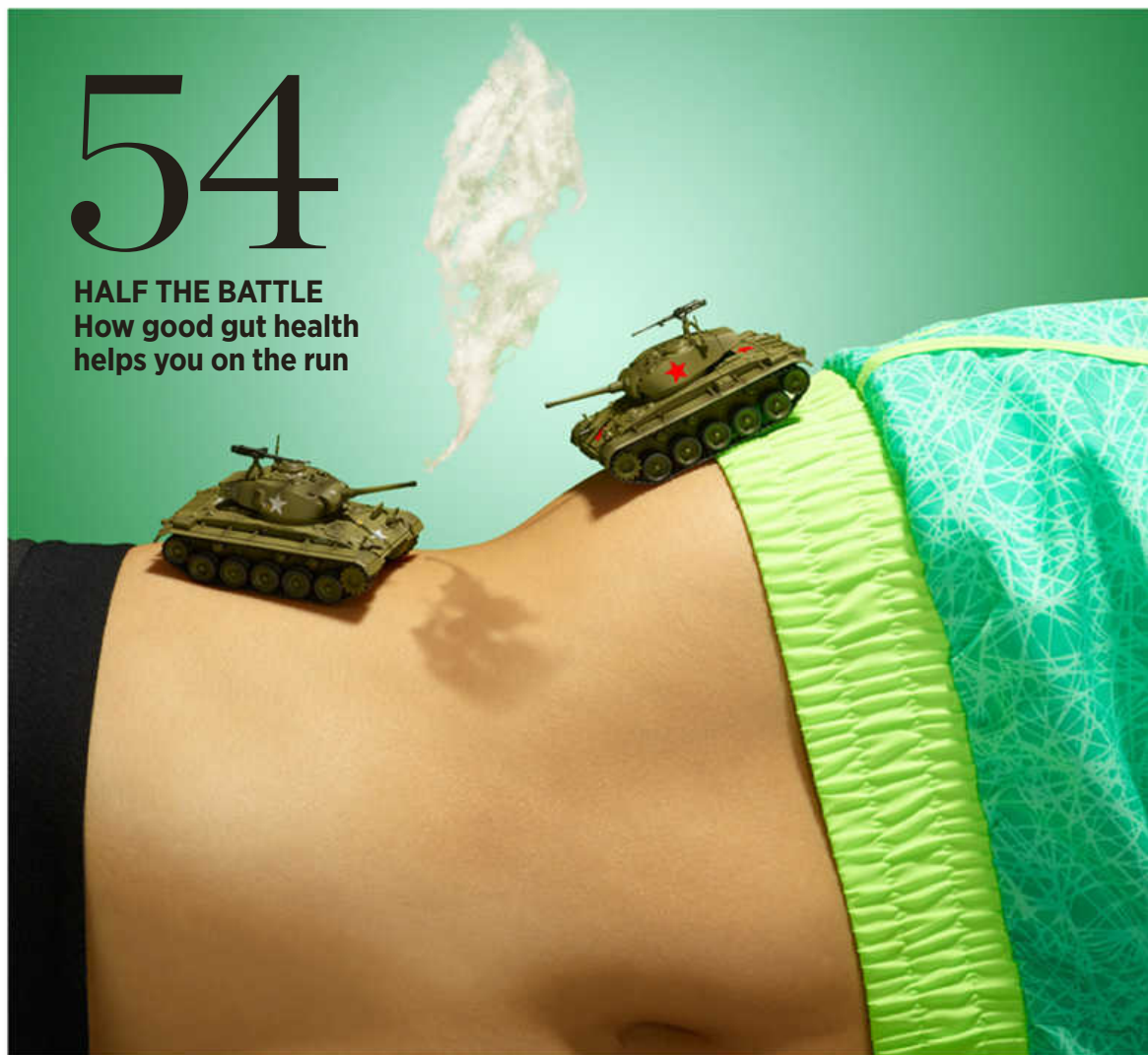
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of leg injury



60

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RAVE RUN

📍 Kentmere Valley, Lake District, Cumbria

📷 Ben Knight 🏃 Ben Abdelnoor

When Ben Abdelnoor runs here he always stops to admire the view. 'It's important to appreciate what you've got,' he says. And he should know: in 2003 Ben broke his spine in an accident and was told he'd never run again. Read his story on page 31.



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On holiday in Umbria's mountains last month I took advantage of being a kilometre above sea level to clock some quality hill training (at 33C, too). Long runs back in Blighty haven't really seemed such a slog since.



I'm basking in the afterglow of two epic running experiences: Sydney's jaw-dropping City2Surf and four laps in London's Olympic stadium in a Nike Milers' race. Not sure I can top that. Visit runnersworld.co.uk/themile.

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Adharanand Finn

The author spent six months in Japan researching his latest book, *The Way of the Runner: A Journey into the Fabled World of Japanese Running*. Read his fascinating insight into a unique running culture and the greatest race you've never heard of on **p68**.



Meghan Kita

The runner, writer and committed pizza eater took her not-so-serious running into new territory for us when, in search of a marathon PB, she enlisted a professional coach. Read about her experience and the lessons you can take from it on **p44**.

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FROM THE EDITOR



Looking back, it seems obvious – tucking into a few slices of the city's authentic deep pan pizza the night before the Chicago Marathon a few years back wasn't such a great idea.

Sure enough, at mile 16, those doorstep-sized wedges of melted mozzarella and tomato, so delicious at the time, came back to haunt me and demanded an inconvenient convenience stop – which added over a minute to my time. It seemed crazy to have spent months busting a gut to get in shape for a race, only to let an ill-judged food choice on race eve bust my own guts.

Runners ask a lot from their digestive systems – we load them with gels and sports drinks while we bounce around on the run, all while blood is directed to our running muscles. And yet, as I found to my cost, having a healthy digestive system can be just as vital as feted metrics such as a high $\dot{V}O_2$ max or good form. On page 54 we look at gut health – how to nurture it and how it affects not just your running but also your immune system, mental health and body weight.

One wouldn't normally associate kebabs with healthy food, but on page 60 we've given the dodgy takeaway staple the superfood makeover, with recipes to speed recovery and boost endurance.

Finally, for a little light relief (sorry, and here's why), on page 50 we open the door on portable loos – the objects runners fear and loathe, but couldn't do without. Then we step away.

Andy Dixon, Editor, @RW_edAndy

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SCALE DOWN WITH FISH

Many studies have shown the importance of protein intake for weight loss, but a research review¹ suggests oily fish is a particularly good source. Scientists found that people who regularly consumed fish lost more body fat (0.49 per cent more) and overall weight (1.3lb more) than fish abstainers. It's not clear whether these weight-loss benefits are down to omega-3 fatty acids or whether there are other factors, such as the high satiety of fish.



Warm-ups

NEWS YOU
NEED TO GET
UP TO SPEED



GO WITH YOUR GUT.

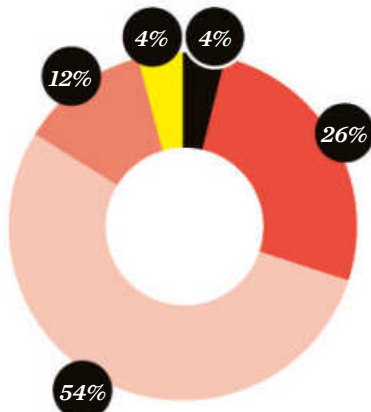
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Official Fuel Economy Figures for the new MINI Clubman Range: Urban 35.8-60.1 mpg (8-4.7 l/100km). Extra Urban 52.3-76.3 mpg (5.4-3.7 l/100km). Combined 44.8-68.9 mpg (6.3-4.1 l/100km). CO₂ Emissions 147-109 g/km. Figures may vary depending on driving style and conditions.

Poll position What's your favourite race distance?



● I don't race ● 5-10K ● 10K to half marathon
● Marathon ● Ultras/multi-day events*



Watch this pace

Feedback keeps you in the zone

Some coaches warn against becoming too dependent on gadgets, saying they can cause us to lose touch with our inbuilt sense of effort or pace. But a new study¹ suggests your favourite gadget could help you hone your 'feel'. Exercisers were tested on their ability to work at a 'moderate' intensity, equal to 70-80 per cent of their maximum heart rate. Then for five weeks, they were given audio feedback on their heart rate during exercise. When they were re-tested, their ability to stay in the appropriate training zone without feedback had improved considerably.

WARM-UPS / FITNESS

CARIOCA NUMBER
At a skipping pace, move to the left for 20m, crossing your right leg first in front and then behind your left leg. Repeat, going the other way



PREPARE TO RUN FASTER

A dynamic warm-up – movements that take your joints through different planes of motion – reduces the risk of injury and now research² shows it may also enhance your performance. Runners performed dynamic exercises for the hamstrings, quads, calves and glutes before a run at 90 per cent intensity. There was a notable improvement in their time to exhaustion and the distance covered, compared with no warm-up.

Run maths Power base



Lunge
4x4



Dead
lifts
4x4



Calf
raises
4x4



Squats
4x4

2/wk
for
6 weeks

45 seconds
off 5K time
in runners
finishing
around the
21-min mark.

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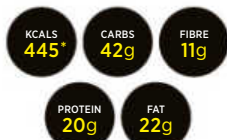
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Serves 1
Prep time 10 minutes



*All nutritional data is per serving

INGREDIENTS

- ◆ 100g unshelled edamame beans (fresh or frozen) (1)
- ◆ 100g cooked soba noodles (or gluten-free noodles – Clearspring Buckwheat Soba Wheat-Free Noodles, £3.99 for 200g, waitrose.com)
- ◆ 1 stick of celery, thinly chopped
- ◆ 3 radishes, thinly sliced
- ◆ 1 spring onion, thinly sliced
- ◆ 3 leaves of Chinese leaf lettuce, finely shredded (2)
- ◆ 1 tbsp peanut butter (3)
- ◆ 2 tsp soy sauce
- ◆ 2 tsp sesame oil
- ◆ ½ tsp chilli flakes
- ◆ 1 tsp rice wine vinegar
- ◆ Water as needed

METHOD

1/ Whisk all the dressing ingredients in a bowl with a splash of water until they're smooth. Pour into the jar.

2/ Layer the noodles on top of the dressing, then add the celery, radishes and beans.

3/ Next, add the spring onions and top with the shredded leaves.

For a little extra punch, add prawns, chicken or tofu after the beans. You could top the salad with crushed roasted peanuts.

PRAISING THE JAR

All the rage in foodie circles, layered jar salads offer a versatile and portable lunch option. This Asian-inspired recipe has crunch and kick and can be prepared the night before. A Kilner or Mason jar with a clip-down lid works best. The secret of a jar salad is the order in which the ingredients go in. Start with the dressing, then put in the bulky and moist ingredients before adding lighter items. The final layer consists of leafy greens and dry, crunchy toppings, such as seeds. Layering keeps everything crisp, too. When you're ready to eat it, give it a shake and serve. Follow the formula and you can riff on the recipe to your heart's content.

BENEFITS

1

Edamame beans

They are a great plant source of protein, providing the complete set of amino acids. They're also high in folate and dietary fibre.

2

Chinese leaf

From the brassica family, like broccoli, Chinese leaf (Napa cabbage) provides antioxidants called glucosinolates, which fight disease.

3

Peanut butter

At least half the fat in peanuts comes from heart-healthy mono-unsaturated fat. Eating nuts regularly has been linked with weight control.



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two isn't bad.



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Try this Performance smoothie

Powerbar, £1.75 for 90g, powerbar.eu

If you find energy gels a bit sweet and sticky but want something that's easily digested on the run, this could fit the bill. Made with 70 per cent fruit purée, it has a light texture and an authentic fruity flavour that's not overly sweet, and there's a hint of salt. (We tested the apricot peach variety.) It's not much bigger than a gel and has a screw top, so there's no need to down it in one. Each sachet provides 118 calories and 28g of carbohydrate.



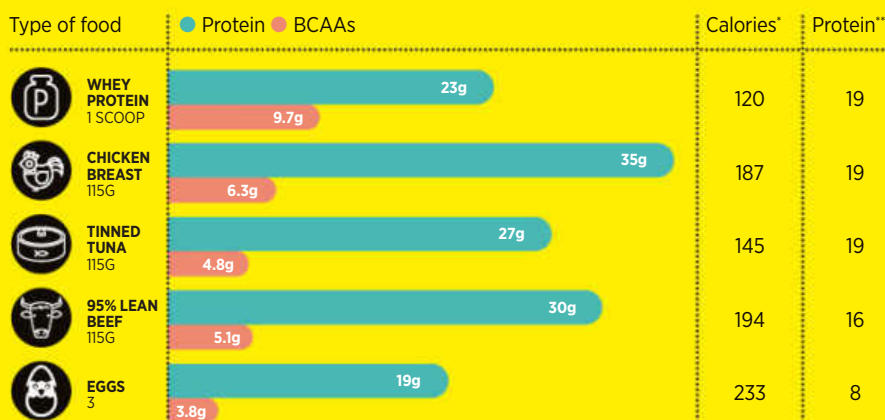
PUT ON A
HAPPY FACE
Don't break
with bread

NO GRAIN, NO GAIN

More and more athletes are choosing gluten-free diets, but a new study¹ questions the need to go against the grain. Researchers fed cyclists the same gluten-free meals for two week-long periods, separated by 10 days. But in one of the weeks they were given gluten-free bars as a snack and in the other they ate bars that contained gluten. At the end of each week, they did a 45-minute steady ride and a 15-minute hard effort. There were no significant differences either in performance or gastrointestinal symptoms.

Serving up a plateful of power

Protein sources ranked by grams per 100 calories and the amount of muscle-boosting branched-chain amino acids (BCAAs) they contain



*per portion **grams per 100 cal

Fab or fad? Bone broth

WHAT IS IT?

A meaty broth made by boiling chicken or beef bones – with or without vegetables, herbs and spices for flavour – for many hours to extract their nutrients.

WHY TRY IT?

Revered by Paleo lovers for its high gelatin and collagen content, it's

also purported to be great for hair and skin, and good for gut health.

WHERE DO I GET IT?

A bone broth kiosk has opened in New York. Too far? It's springing up on menus in the UK, too, but if it hasn't reached you yet, ask your butcher for some bones and get boiling.

Verdict A homemade stock by any other name would taste just as sweet.



How I ran it off

'MY DAD WAS MY BIGGEST INSPIRATION'

My old life

I gained weight in my college years. Too much take-out food and too many nights out in the Students' Union bar.
I didn't feel good about myself. I knew I should lose some weight but I lacked confidence.
I was never motivated by exercise. My father and brother were both sporty and I'd look at them and admire what they were capable of, but I never thought I could come close to their abilities.

The turnaround

During a routine procedure, a nurse said I was overweight. I realised this was how others saw me and so I resolved to do something about it.
I started some light jogging with my dad and my brother. My dad, who had been a runner, was delighted. His pride in me spurred me on because I hated it at first. There was a half-mile climb to the top of the road and I'd struggle to get there without collapsing.
Soon I was running six days a week. Just a mile or so to begin with, but I gradually upped the distance and pace. I knew it was working when my 38in-waist jeans were dropping off me.
My dad was – and is – my biggest inspiration. It wasn't until my first marathon, where both he and my mum watched with tears in their eyes, that I realised just what my achievements meant to him, too.
By 2008, I had shed eight stone. It was tough; at one stage I even gave up for about three months. But I reminded myself why I was doing it: I didn't want to be that overweight person anymore.
I did my first race – the Great North Run – in 2011. On the start line I remember thinking, 'Wow, I've come a long way from not being able to jog up the street'. I finished in 1:26.

*Name Dominic Dunn
 Age 33
 Hometown
 Middlesbrough
 Weight before 18st
 Weight lost 8st
 Weight now 10st*

The future

I am now in a running club. I figured if I was ever going to improve, it would be with proper coaching. It's friendly and supportive, and the coaches always go the extra mile.
My times have really come down. My half-marathon PB is 1:16 and I did my first sub-3:00 marathon in London last year. Dad was there to see it. He passed away in May after battling prostate cancer for seven years. I miss him terribly. He was not just my father – he was my motivation and my friend.
Every time I run I think of Dad. He was so proud to see me lose weight and take up running. Before he died, I told him I would do him proud at Berlin this year. I hope to take a huge chunk off my PB and break the 2:40 barrier. I know he'll be watching.



Dom's top tips

How he lost weight, got fit and ran a sub-3:00 marathon



You need to fuel your body, but be sensible. Think smaller portions and nutritious foods.



Set yourself goals. Whether it is a half marathon or your first mile, it's good to have a target.



Have patience. There's a saying: 'A journey of a thousand miles begins with a single step.' It's true.



Want it enough. You can't go into your efforts with anything less than 100 per cent commitment.

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THE NEW DREAM TEAM

Team New Balance Manchester take a break from training to explain how New Balance's new brand ethos, 'Always in Beta', helps to bring out their best

Q 'Always in Beta' from New Balance is about constantly pushing yourself and testing your limits. How does this approach shape your training as athletes?

Elinor: It's about doing everything you can to make yourself a better athlete. It's about trying to do better every day and making sure you're doing all the little things right, whether that's in terms of nutrition, recovery or sleep.

Q As a team who train and live together, does being part of Team New Balance Manchester help you to stay motivated?

Ross: Absolutely. With the

team environment we've got there are always other people to consider when it comes to getting out the door and training. Jonny and I go running together, so if one of us decides to have a lie-in, that messes up the day for the other person.

Q Do you think goal-setting helps all runners, not just professional athletes such as yourselves?

Jonny: Definitely; it gives every run purpose. If you don't fancy getting out the door but you've got a goal at the back of your mind that you're training for, that's going to help motivate you. Sitting down and setting goals is a really valuable thing to do.

Q Do you have an overall recovery routine to help make sure you stay on form?

Ross: People talk about the 20-minute recovery window. We take a protein recovery shake after a hard workout. That's the first step in recovery for us. Sleep is massively important, too. If you came round to our house at 10.30pm there'd be nothing going on, as we're all in bed by then!

Elinor Kirk, Ross Millington, Jonny Mellor, Elle Vernon, and Tom Lancashire make up Team New Balance Manchester, a running team sponsored by New Balance and competing over a variety of distances.

BETA TEST

'Beta' is about pushing your limits and evolving as an athlete. Tackle a 10K with a difference this year at Survival of the Fittest 2015, a tough obstacle race sponsored by New Balance*. Sign up at mhsurvival.co.uk



FIND OUT MORE AT: NEWBALANCE.CO.UK/BETA AND READ THE FULL Q&A WITH THE TEAM AT RUNNERSWORLD.CO.UK/TEAMMANCHESTER

 new balance

Instant wisdom

**‘Want
success
more than
you fear
failure’**

Dr Haley Perlus,
sport psychologist



Think happy thoughts

Focus on a run's best bits

Imagine you had a great long run one morning, but felt intensely thirsty or tired during the last mile. New research from the University of Cambridge suggests your memory will focus on that difficult final stretch when you rate how pleasant or unpleasant the run was; this will lower your opinion of how much you enjoyed it. To prevent this skewed perception, note a couple of positives about any run that turns tough towards the finish. 'It's a shame I got that blister, but my pace was spot on and the scenery was fantastic,' for example. Concentrate on the good stuff and you have every chance of many repeat performances.

41

PERCENTAGE OF RUNNERS
WHO SAY THAT RUNNING
PUTS THEM IN THE
MOOD FOR SEX¹

JARGON BUSTER

ATHLETE'S HEART

A condition in which the heart is enlarged and the walls of its chambers are thickened (especially the left ventricle, which pumps out oxygenated blood). It is often associated with a low resting heart rate. These changes are an adaptive response to training and are not seen as dangerous.

OUT OF
THE FRAME
Get a jump on old
age by running

RUN RINGS AROUND OLD AGE

If you want to slow the ageing process, keep running. New research shows that regular endurance exercise preserves telomere length, which is associated with a delayed onset of age-associated diseases and an increased lifespan. Telomeres, protein structures in cells that protect our DNA, shorten as we age, but Italian researchers found that telomere length in experienced middle-aged distance runners was significantly longer compared with those of a sedentary control group. And even if you're new to running, you'll benefit: research in 2013 found a loss of telomere length could be reversed through changes to diet, lifestyle and activity.

RW ■ PROMOTION

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If the 50 or so obstacles haven't put you off your stride, now's the time to select your venue. Choose from Cardiff, Nottingham, Edinburgh, Manchester or London.

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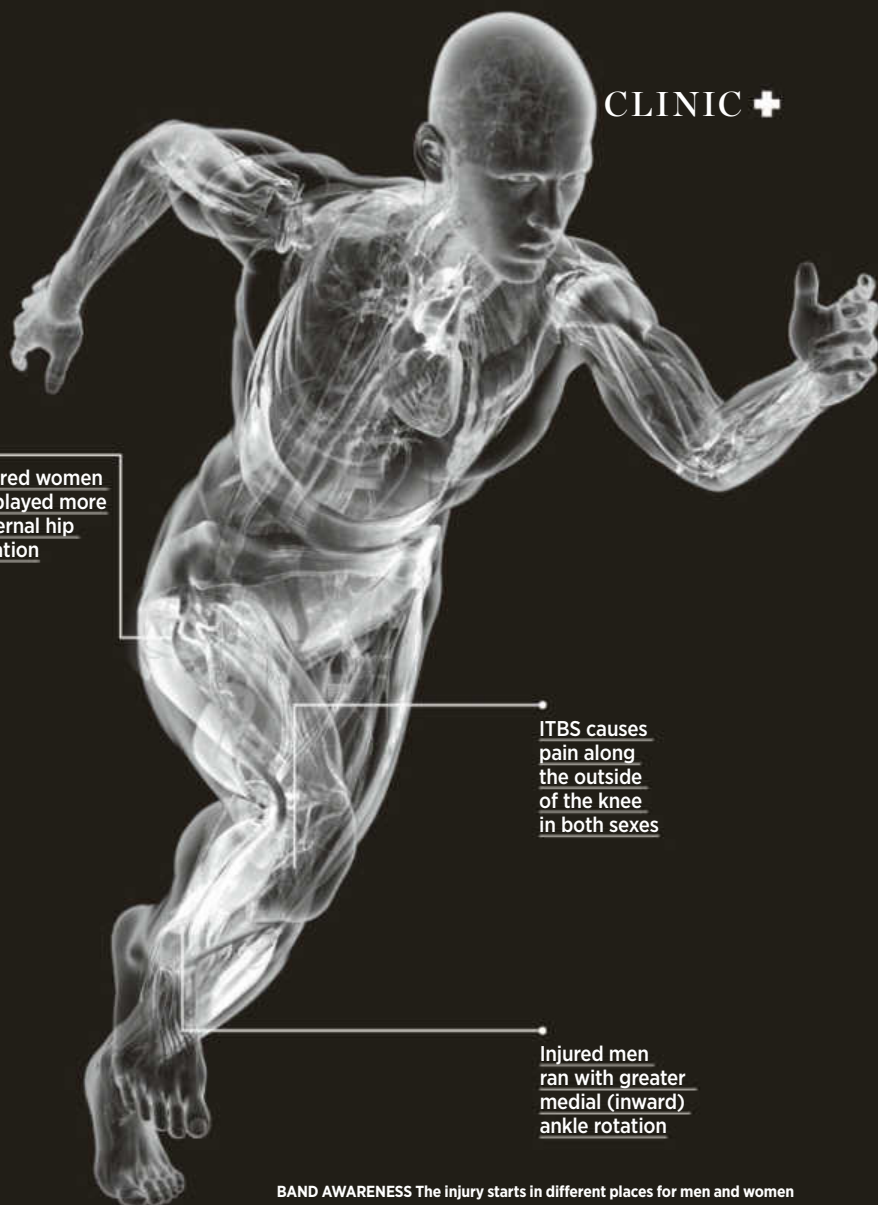
Iliotibial band syndrome (ITBS) is the second-biggest cause of knee pain in runners, but a new study¹ shows there could be a gender divide when it comes to the cause. Researchers assessed the gait of runners of both sexes with ITBS. 'Our findings suggest women develop this injury from a hip-down perspective, while men develop it from a foot-up perspective,' says lead researcher Dr Reed Ferber.

Injured women displayed more external hip rotation

ITBS causes pain along the outside of the knee in both sexes

Injured men ran with greater medial (inward) ankle rotation

BAND AWARENESS The injury starts in different places for men and women



15

PERCENTAGE INCLINE ON A TREADMILL AT WHICH WALKING FIRES THE SAME MUSCULAR PATTERNS AS RUNNING, BUT WITH NO IMPACT, SO YOU STAY FIT DURING INJURY.

JARGON BUSTER

COMPENSATORY MOVEMENT

A change in biomechanics to avoid pain in a particular area. This can lead to more problems, so it's better to address the original source of your pain.



Minimal experience

Less is more – and less

Few runners simply threw off their shoes when the barefoot-running trend struck, but many tried minimal trainers. In a study of 566 runners², almost a third had tried minimal shoes. While 29 per cent of runners suffered pain or injury (typically to the foot) with the change of footwear, 31 per cent said an injury had improved (most commonly the knee). Further proof that no one style of shoe is perfect for every runner.

One key move Knee release

To combat pain below the knee, focus your efforts on mobilising the area above the kneecap, says coach Owen Anderson, author of *Running Science* (Human Kinetics).

1/ Lie on your stomach and place a small firm ball in the area just above your kneecap (the suprapatellar pouch).

2/ Keeping your hips on the floor, slowly flex and extend your knee for 20-30 seconds. Repeat on the other knee, if necessary.



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HUMAN RACE

REAL RUNNERS, INSPIRATIONAL STORIES

**'I RESOLVED THAT I
WOULD PROVE THE
DOCTORS WRONG'**

After breaking his back in a paragliding accident **Ben Abdelnoor** was told he'd never run again. He disagreed





In 2013, Ben Abdelnoor won the Lakeland 50 trail ultra. He also broke the course record. Such a victory would be sweet for any runner, but Ben had conquered a lot more than 50 tough miles of trails when he stepped on the podium. You could say his journey began 10 years earlier, when doctors told him his running days were over.

Ben grew up in Newcastle, in an outdoorsy family who went on holidays to the Lake District. 'I walked up Skiddaw when I was five or six years old,' he remembers. And he loved to run. 'As soon as I was allowed out on my own, I'd go and run on the Town Moor.'

He moved to the Lake District in 2003 and joined a running club for the first time, Ambleside AC. 'I was having fun racing, coming halfway down the field.' He packed his running shoes when he flew to New Zealand, in February 2003, to attend his brother's wedding.

'I decided to spend some time out there, enjoying the outdoors,' says Ben, now 35. 'I moved in with a paragliding instructor and his wife, decorating their house in return for board and lodging and being taught how to fly.'

Ben had more than 50 flights under his belt by the August morning when he took off from a hillside, planning to land on the beach. But a gust of wind caught the wing (canopy), flipping it inside out and tangling it up in the lines. Ben crashed into the hillside at speed and though he landed on his feet, the force travelled up through him, ramming him into the ground and breaking his spine.

'I recall lying there, the parachute fluttering in the breeze, thinking, "That's it, I'm paralysed",' he says. 'But then I realised I could still wiggle my toes.'

Ben was airlifted to a spinal unit in Christchurch. The surgeons inserted screws and brackets above and below the crushed vertebrae and fused them together. 'They told me to lie on my back and stay off my feet as much as possible,' he says. 'It was all they could do at that stage. But being told I shouldn't expect to run again was probably the darkest moment of my life.'

Unable to fly home, Ben moved in with his brother and his new wife in Auckland. 'I had crutches to get around, but I spent a lot of time just staring at the ceiling,' he says. 'I faced the awful prospect of not going back to the lakes, because I couldn't even walk, let alone run. There and then, I resolved that I



'Everything hurt: sitting in a car hurt, sitting at the dining table hurt'

would prove the doctors wrong. Not only would I get back to running, but I'd get back stronger.'

Six months later, Ben flew back to the UK and moved in with his parents. 'It was tough,' he says. 'Everything hurt. Sitting in a car hurt, sitting at the dining table hurt and for months I didn't have the strength to stand up without holding on to something.' The hospital visits weren't over, either – the metalwork in Ben's spine became infected and had to be removed.

But he persisted. He had regular physiotherapy and did exercises at home. 'Little improvements kept me going,' he says. 'I wanted to build on each one. I remember cleaning my teeth one day and realising that I could do it without holding on to the basin.'

A year to the day from the accident, Ben put on his running shoes again. 'It felt weird trying to run after months of protecting my back and being told not to run. It didn't come naturally. I had to figure out what to do with my arms.' But he made good progress, even entering a short fell race a couple of months later.

However, the moment when Ben knew he'd achieved his goal of 'coming back stronger' was still some way off. 'In 2009, an old friend who was a running coach, Keith Wood, came up to me at the end of a race and said, "You know, you could be really good – in the top three at

the English Fell Running Champs. Have you thought about having some coaching?" I couldn't quite believe he wasn't just massaging my ego, but a few months later I took him up on his offer. It was great to have his belief in me.'

A belief, it turned out, that was well founded. In 2011, Ben gained sponsorship from British running brand Inov-8 and earned his first England vest, helping the team to a bronze medal in the World Long Distance Championships in Slovenia. The following year, he won silver in the English Fell Running Championships.

Ben then set his sights on the Lakeland 50, one of the UK's most highly regarded trail ultras. 'It was something I'd always wanted to do. The route goes past my house, and I'd supported my girlfriend, Britta, in the Lakeland 100 in 2010.'

Ben trained for the 2013 race – with the course record as his target. 'I pictured what it would be like to win the race. I ran on sections of the course and at night I'd run through it all in my mind, adding more and more detail,' he says.

He finished in 7:39:26, knocking eight minutes off the previous course record. 'It left me feeling positive for weeks and made me realise you can achieve anything if you put your mind to it and believe in yourself. I wonder if it hadn't been for the accident whether I'd have ever pushed myself as hard. Maybe I'd have just remained a mid-pack runner.'

Ben was out for most of 2014 with injury, but, already experienced in the art of patient and slow recovery, he stayed positive and is now back up to full speed. 'I do feel fortunate. I've got a job I enjoy, a lovely part of the world to live in and the opportunity to get out running and biking whenever I want. When I'm out running or walking with Britta and our dog, Rook, we try to make a point of stopping for a moment to look at the view and say to each other, "This is amazing." It's important to appreciate what you've got.'

● Read Ben's blog at team.inov-8.com

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WHAT IT TAKES TO...

Run 1,000 miles to the light

In 2005, **Tony** and **Amanda Kendall's** daughter, **Skye**, was born with a life-threatening illness. The birth caused Amanda to suffer a massive postpartum haemorrhage – she lost eight pints of blood. Tony spent the next few harrowing weeks visiting his wife and baby in hospital, and while they both made a full recovery, the trauma left Tony battling with depression.

'I took antidepressants and tried counselling, as well as eating my own weight in pies,' he says. Then he remembered how much he'd enjoyed exercise as a teenager and decided to try a run. 'I couldn't even jog half a mile at first, but I set myself the target of doing a 10K.' Tony's running – and his mood – gradually improved. 'I soon felt good enough to wean myself off antidepressants,' he says.

Eight years after Skye's birth, Amanda got pregnant again. 'It took us that long to try,' says Tony, now 33. But it was not to be. At the 20-week scan, the baby's heartbeat could not be detected.



LONG JOURNEY (clockwise from top) Tony at the Great North Run; with son Joshua; and after the Great North 10K



'Our little angel, Nik, had passed away. I felt as if someone had ripped my heart out of my chest.'

Tony feared he would fall back into the pit of depression, but running once more came to the rescue. 'I knew how much better it made me feel, so I kept at it,' he says. He had another reason to run, too: a charity called 4Louis, which supports the families of stillborn or neonatal-death babies, gave Tony and Amanda a 'memory box' on the day they lost Nik, to help commemorate their baby. 'It really helped us and I resolved to do some fundraising for them.' In January, Tony pledged to run 1,000 miles in aid of the charity. 'I've had a couple of setbacks but I'm well on my way and I've managed a half-marathon PB.' And there's even better news: Tony and Amanda now have a healthy baby boy, Joshua. 'It'll be a challenge to fit in the miles with a new baby, but I know I'll do it.'

● justgiving.com/nik-kendall



Preach to the unconverted

When the Reverend **Mark Gilborson**, a Methodist minister, moved to Cranbrook in East Devon he decided to set up a running group to engage with a brand new community. 'Cranbrook is the first town to be built in Devon since medieval times,' he says.

'When we started Cornerstone Runners in 2013 [Cornerstone is the name of the church], 30 houses were occupied; there are now 1,000 households.' Mark, 48, took up running a few

years ago. 'I was a terrible long-distance runner, but I found that I could achieve something I thought beyond me just by discipline and practice,' he says.

Through Run England he and wife Sharon trained to be running leaders in order to start the group. It now has a further six leaders and has brought more than 180 runners together – from beginners to veterans.

'Running is a way of teaching you to have

faith in yourself and see something amazing about yourself,' says Mark. And the support of others invariably helps you go further or faster.' There's no explicit religious element to the group. 'I marry, baptise and bury people, but the running group is separate from religion,' he says. 'There's no sneaky prayer at the end!'

● cranbrookcommunityforum.org.uk/cornerstone-running.html

The rules of running

No 35: Learn to love race-day buzz

That's the quietly electric aura of anticipation that surrounds you the morning of a race, beginning the instant you wake up and lasting till the gun fires at the starting line. It's a background hum of energy, a tickle almost. Combined with the stillness of the early morning prerace ritual, it's one of the best feelings you'll ever experience.



● Extract from *The Runner's Rule Book* by Mark Remy (£11.99, Rodale Press).



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maxi
NUTRITION
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INBOX

No rules

What a relief to read *Are we tabby cats trying to emulate cheetahs?* (RW, September). In my 33 years of running I've never followed the 'rules' but sometimes felt guilty about not doing things properly. While I race two or three times a month, I don't do speedwork or hill reps. I don't own a foam roller or bother with regular massages, although I do stretch. Perhaps if I had followed all the rules I could have run faster, but maybe I wouldn't still be running. Every runner is different and we shouldn't be obsessed with trying to copy elite-runners' training methods. **Carol Douglass, Preston, Lancs**

Me time

I love running; it gives me a break from the hassle of family life. I used to have other de-stressing routines, like eating chocolate, but the cheapest solution is to put on my trainers

LETTER OF THE MONTH



IN THE BAG
Ray Courtney
does his bit

Tidy runner

I took up running at the start of the year and love it. But one thing blights the otherwise perfect scene as I trot around the lanes near my house – litter: beer cans, fast-food containers and carrier bags full of rubbish. So I resolved to do something. On my next rest day, I grabbed a couple of bin liners and strolled along my 5km route, picking up the litter. At least there is now a small stretch of Dorset countryside that is now much nicer to look at and run around.

Ray Courtney, Dorchester, Dorset

A 'charity' race I entered for £13 said in the small print that just £1 would go to charity. This should be made clearer.

Valerie Nicholls, Upminster, Essex

RW says Are some races being uncharitable?

and head into the countryside. No mother-in-law visits, difficult teenagers or grumpy husband to worry about – just peace, quiet and fresh air. I always get back feeling mentally and physically refreshed, and ready to take on normal life again. **Helen Brunton, Hatfield Broad Oak, Essex**

Good sports

In a recent half marathon in the Shropshire hills, all was going well until the last mile, when I fell. The first thing I was aware of was blood pouring from my head – the second was another runner asking if I was OK. Before long I was surrounded by runners who had stopped to help me. They administered first aid and waited until I was taken to hospital. I only have superficial injuries but what will stay with me is the kindness of those who stopped me. It just goes to show that a great community spirit



HELPING HANDS
Fellow runners
tended to Bernard

exists among runners. **Bernard Harkins, Musselburgh, Scotland**

Close contact

In response to the question posed as to whether runners reserve greetings only for other runners (RW, September), in my experience this couldn't be further from the truth. When I'm putting in the miles for a marathon, many of my long runs take me along country roads where there are no people or pavements. I often share the road with cyclists and we regularly share a greeting and encouraging words. My runs are made more manageable by the contact I get from the cycling fraternity. **Kirstie Cook, Bedford**



The month in mail

3

new readers told us they'd learned a lot from their first issue of RW

31

per cent of letter writers shared how running had helped them shed excess weight

1

letter pulled us up for saying Ron Hill made his string vest (RW, Sept), saying he bought it at an Army and Navy store

'Your August issue has inspired me to take on a half marathon and I've already started the core routine.' **Guy Smith, Bristol**

What's inspired or annoyed you this month? The writer of the winning letter will receive a pair of Saucony ProGrid Hurricane 16 shoes, worth £110.*

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Q & A

Bruce Tulloh

The barefoot-running pioneer on the joy the sport has given him and avoiding injury for 60 years

Bruce Tulloh is a stalwart of the British running scene – variously a world-class athlete, coach, race organiser and author. He competed at the Rome Olympics in 1960 and became European 5000m champion in 1962, running barefoot. In 1969, he set a new record for running solo across America, covering 2,876 miles in 64.9 days. At 58, he clocked a 2:47 London Marathon. He also turned to coaching, has written books about running and set up the Safaricom Marathon in Kenya. Tulloh is 80 this month. He's still running.

What has running given you?

Running has shaped the course of my life. It got me my first job at Shell (I had the scientific qualifications, but being an Olympic athlete certainly helped). It gave me a head start, too, with the girl I met at the golf club dance in 1959 – my wife, Sue – we've been together ever since. It led me to Kenya, where I started coaching, which has since been a huge part of my life. Most of all, running has given me self-respect. In running, you know that what you have achieved relates directly to your own efforts.

What motivates you to run now?

I love running – the feeling of being fit and in control of your body is something that has always stayed with me. Since passing 75, my enthusiasm for long runs has declined, but I still love sprinting on the beach, along the edge of the tide.

How did you become 'Barefoot Bruce'?

Barefoot running just felt easier and more enjoyable on the beach and grass tracks where I trained. When I tried it at White City in 1959, at the Inter-Counties three miles, I ran a PB. Since then I've always run barefoot where conditions allow it – ie, not on the road. I feel that it gives me a five-seconds-a-mile advantage – more on some surfaces.

What innovations have made running 'better' over the years?

It is nice that we have better material for our T-shirts, and heart-rate monitors, energy drinks and GPS have their specialist uses, but they don't really add to the enjoyment of running. Running is

a pure sport, and the simpler we keep it, the purer the enjoyment.

You once ran across the US. What's your take on the ultra-running boom?

The increase in ultra running is a function of the increasing levels of wealth and leisure we enjoy. The expansion of running into different areas gives more people a chance of achievement and self-realisation, which is the real value of sport.

Any advice for runners seeing their performances decline with age?

It has been said that success is measured by the difference between your goal and your performance. If you don't adjust your goals as you get older, you're going to be disappointed. I still time myself over short courses – 600-1,000m on grass or on the beach.

Have you been much affected by injuries during your running years?

I once had a bit of loose cartilage in my knee, which was treated with a cortisone injection. And I got a swollen Achilles tendon while doing 45 miles a day across the Arizona desert. Apart from that, I have never been injured. I attribute this to staying between 115 and 125 pounds (8-9st), not doing high mileage – I've always believed in staying around 30-40 miles a week, with high-intensity training – and doing a lot of training on grass or sand.

Do you still enjoy racing?

I rarely race now, but it's still fun. My most recent race was the Westminster Mile in May, which I ran with a pulled hamstring. It took me over 11 minutes.

Which of your running achievements are you most proud of?

Winning the European Games 5000m in 1962. The stress of competing at international level is enormous. It offers the greatest mental and physical challenge, and it gives me great satisfaction to have overcome that.

What's the single most important life lesson running has taught you?

You can't win them all, so enjoy your achievement at any level.





RUNNING COMMENTARY

THOUGHT
THAT
COUNTS



'Rehab should not feel like penance'

When you're deep in the black hole of a long-term running injury, it's hard to believe you'll ever climb out. Looking up from the darkness you see other runners pass by, laughing in the light, and they no longer feel like kin, but uncaring strangers. A day when you'll be back among them seems unimaginable. The accoutrements of a runner's life that you face at every turn – GPS charger, stash of energy gels, mud-encrusted trainers, drawer full of Lycra kit – are a constant reminder of what you are missing and you don't need the blank pages of your training journal to reflect how empty your days feel.

I've been there. And I want to dedicate this column to those who still are. I have three things to offer. The first is sympathy. I offer that wholeheartedly, with no strings attached, because sometimes a sympathetic ear is all you want. Not suggestions on how to fix the problem, a miracle-physio's phone number or well-meaning platitudes. Just, 'Poor you, this must be so awful for you.'

Next is advice. Not on how to heal your injury, which I can't help with, but on how to cope with being a runner who can't run (because you are still a runner, no matter how long ago your last run or race was).

Do what you need to do, not what you feel you 'should' do. If it makes you happy to help out with marshalling, or cheering on friends at races, that's great. But if you need to step away from the world



of running, do it. In my darkest period, being among other runners was intolerable and it was the right thing to remove myself and focus on other things – sporting (swimming and cycling) or otherwise (wine and cake). But later I found that coaching a beginners' group was a great way to reconnect with running and rebuild my confidence.

Take time out from your rehab. If you were in training, you would take rest days now and again to recover and recharge. The same holds true for rehab – perhaps even more so, since you're putting in the hard work without getting the reward of running that makes it feel worthwhile (though it will be, in the end). Rehab should not feel like penance – that sort of mindset creates the unhelpful

belief that your injury is a personal failing, yet it's one I've found many physios do unwittingly instil.

Talking of physios, be a copilot, not a passenger, on your journey to recovery. Research your condition and keep an open dialogue with your therapist. If their treatment plan isn't working for you, move on. Malcolm Balk, a fellow coach and runner, has a four-session rule. He says that if you don't sense you're making progress (as in, heading in the right direction, not healed) after four appointments with any sports medicine practitioner, look elsewhere. You might have to kiss a lot of frogs before you find your prince(ss). I spent time and money on three different physios and an osteopath before I found someone who helped me make genuine progress with my injury. That's not to say those others were 'no good', but different experts have different experiences, beliefs, strengths and weaknesses. Just because acupuncture/glute exercises/orthotics worked for one runner, it doesn't mean they will work for you. Running injuries might manifest themselves the same way in different people, but the causes are many.

The final thing I offer is hope. I understand the despair you feel – the fear that 'This is it.' But, statistically speaking, it's very unlikely that you will never run again. One recent study found that 86.6 per cent of injured runners made a full recovery from their injury, though it also highlighted the huge disparity in the length of time it can take to heal – between 51 and 308 days for plantar fasciitis, for example.

The philosopher and theologian Tertullian described hope as 'patience with the lamp lit'. There may be more false starts, more disappointments, more time, more rehab – but the chances are, sooner or later, you will be back. Hang in there.

Speedy
stat

81

The percentage of exercisers that tired more quickly in an endurance test performed following a demanding cognitive task

● Sam Murphy tweets
@SamMurphyRuns



'I don't want a fight for survival'

Motivations for running vary from athlete to athlete. While common themes exist – weight loss, stress relief, competition – each runner is a unique strand of this molten, organic community we call running. Who could guess as to the trigger that compelled each of us to don trainers and stride towards a new, better life?

But I have yet to meet someone whose primary goal in running was to train for a zombie apocalypse. But there is, as they say, 'an app for that'. And it's called *Zombies, Run!* When I first heard this I assumed it was designed to encourage actual zombies to exercise more. I heard the app's designer chatting on local radio in the West Midlands, an area teeming with zombies. He said the idea came about as a result of an answer someone gave when a running instructor asked some beginners why they wanted to run. The app plays out (through audio) a zombie apocalypse, thereby transforming what would be 'just another boring run' into a 'thrilling fight for survival'.

It begins with the user surviving a crash over a fictional township packed with zombies. You then run to a nearby town to find shelter. Along the way you pick up food, medical kit, weapons and other aids to your survival. Every so often, you'll be told the zombies are closing in, so running faster is probably a good idea. Each mission is a self-enclosed story lasting 30 minutes, and at the end

of each you are given your stats on distance and time.

Problems. To begin with, the app is based on an unrealistic premise. Whenever I see zombie films the zombies are not merely running, they are sprinting like Usain Bolt, desperate for human flesh. Have you seen *28 Days Later*? These guys don't do steady state. It's completely anaerobic and impractical for anyone but elites.

A spin-off app, *Zombie 5K*, sounds equally unrealistic. It's impossible to outrun zombies for more than 80 metres – they're hyper-focused, determined and thriving on a meat diet. (Though recently, as humans eat fewer carbs and cut back on meat, zombies have been complaining of listlessness, as our blood lacks essential nutrients to keep them sprinting to eat our brains.)

On YouTube I watched users enthuse about this 'fusion of a game with a workout' and it's clear it gives pleasure to a lot of people. One fan liked that you can listen to your own playlist on your phone during gaps in the app, 'so you don't have to listen to, like, nature or whatever'. How much stimulation does a runner need? You're already being chased by zombies!

You probably know where I'm going with this, so I won't labour the point. It's obviously aimed at a younger market and people who don't like running. To me, a run is an escape from the world of technological stimulation to an

unfettered primal state. Being immersed in nature is the definition of peace and joy, a gateway to an interior journey that gets better the longer it continues. I don't want a 'fight for survival' – I fancy a three-miler just to unwind.

It's important to remember stuff like this is just a bit of fun, and not get too analytical about what it means and where we are going as a culture when we're addicted to unsatisfying and hollow stimuli that do nothing to nurture us.

I do, however, have an idea for an app for those who find running a tad tedious. It's called *Zombie, Run! Run! Run!* You are being chased by someone on the *Zombie, Run!* app. But they have been caught and have become mindless zombies themselves. You try everything – vaulting fences, sprinting through rivers – but there's no escape. You find a deserted shed and lock the doors as they repeatedly hurl their bodies against your fragile shelter. It's no use. You have 20 seconds of life left.

You might want to use that time to listen to nature.

Runnerpedia

Runner's hi (n)

Acknowledgement one runner gives another while on the move. Often hard to hear, see or believe

● *Paul Tonkinson is a standup comedian who spends his time running and philosophising*



'If the hill has its own name, then it's probably a pretty tough hill.'

Marty Stern,
running coach

'I like hills because... once you get to the top it's behind you, and you feel you have conquered something.'

Rob de Castella, former
marathon world
champion

'Hills are the only beneficial type of resistance training for a runner.'

Arthur Lydiard,
running coach

'Somebody said the first one to the top gets a case of beer.'

Former Olympian Rod
Dixon, on climbing
Hayes St Hill in the Bay
to Breakers race in San
Francisco

A person is shown from the chest up, wearing a dark-colored polo shirt. The shirt has the words "YES, COACH" printed on it in a large, bold, sans-serif font. The person is holding a small, dark-colored stopwatch in their right hand. The background is a solid, light-colored wall. The overall tone of the image is professional and motivational.

YES, COACH

HIRING A PROFESSIONAL TO TAILOR YOUR WORKOUTS CAN HELP YOU TRAIN SMARTER THAN YOU WOULD ON YOUR OWN, AS RW'S MEGHAN KITA LEARNED WHEN SHE SOUGHT GUIDANCE FOR A MARATHON. BUT EVEN IF YOU'RE NOT READY TO EMPLOY A PRO, YOU CAN USE THE LESSONS SHE LEARNED TO RACE YOUR BEST 26.2 YET



HARD AT WORK
Meghan Kita
training near her
Pennsylvania home

H

ead held high, I'm running through the district of Corning, New York, eyes locked on the finish line of the 2014 Wineglass Marathon. The sun is shining but the air is cool – a perfect October day. I pass my mother and my fiancé whooping from the pavement. Mum has a single-

serving bottle of champagne for my post-race celebration.

I'd dreamed of this moment for nearly a year, ever since I hired my coach, Alicia Shay of the Run SMART Project, based in Flagstaff, Arizona. I had run 13 marathons, finishing many within a five-minute window.

I had tried all kinds of plans but I needed help to break through my plateau and qualify for the Boston Marathon, a goal I'd chased for four years. A (fast) colleague told me how a coach helped her take 20 minutes off her PB and nail her required Boston qualifying time. So I phoned a few coaching





candidates to outline my history, goals and the amount of time I could devote to improving. My fast colleague's coach works with the Run SMART Project, which is how I found Shay.

Via emails, texts and phone calls, she helped me train harder and smarter. When I doubted myself, Shay was there to encourage me. When life got in the way, she was there to rearrange my runs. With her help I maintained high (for me) mileage without getting injured or sacrificing quality workouts. By the end of my training cycle, I felt confident, strong and better prepared than I'd ever been to race 26.2 miles. I learned that the right coach will improve your training experience, enable you to become fitter than you've ever been and teach you important lessons about the marathon.

LESSON 1 ACHES MUST END BEFORE TRAINING CAN BEGIN

When I hired Shay, fixing a sore hip that had hampered me on two marathons was top of our list. She and her regular physiotherapist, AJ Gregg of Flagstaff's High Performance Sport Centre, had me do a strength and flexibility assessment. It included moves such as planks and side planks that left my right hip sore for days. It turns out I was weak and tight in my hips, glutes and core.

Many runners have problem in these areas, says Gregg: most of us sit too much, so we don't get the activity that helps maintain proper movement patterns and our glutes lie mostly dormant. When you run, your glutes should propel you forward. If they stay dormant, your body shifts the work to other muscles that aren't built for that kind of stress. In my case, this shift caused my right leg to move in a way that wore on my labrum, the

fibrocartilage in my hip joints, and the overuse of the area made my right hip flexor even tighter.

Gregg prescribed a strength-training and stretching routine that held off the hip problems throughout the rest of my training (see *Strength moves for everyone*, below right). I finished my goal marathon hurting in a lot of places, but my hip wasn't one of them.

LESSON 2 BUILD A STRONG FOUNDATION

My previous marathon training plan started at 25 miles per week and ramped up over 13 weeks to a maximum of 48. The low-mileage starting point worked for the kind of runner I was: I liked to follow a training plan, run a race, then take the next few months off running before starting again. But the rapid ramp-up each time I recommenced training would leave me physically drained (I'd often get sick during the taper) and hating running.

Due to my extended breaks, neither my musculoskeletal system nor my cardiovascular system was primed to handle even the first week of that plan, says Shay, so I built my training cycle on a shaky



STRENGTH MOVES FOR EVERYONE

'Core and hip stability are the biggest things runners can work on for prehab because a lot of injuries come from the hip,' says physiotherapist AJ Gregg. These moves can help fend off problems and build strength where you need it.

Illustrations: Angela Manzati Photography: Nathan Perkel



'I STARTED TO FEEL MUCH STRONGER'



Name Rupert Jacobs
Age 34
Job accountant
Hometown London
 5K PB prior to coaching, 18:05
 5K PB afterwards, 17:12

'After four years and more than 60 attempts to crack 18 minutes for 5K, I decided to seek outside help; in March I signed up with Steve Hobbs Coaching. After a detailed consultation about my current training, fitness, goals and motivation we put together a plan to work towards a race in June. Soon after I signed up I started to feel much stronger; I made steady progress and on the big day I was thrilled to run 17:12. I've stayed working with Steve and have since recorded PBs over a mile, 3K and 10K, too.

Each training day is planned in advance and I have weekly mileage goals to aim for. At the end of each week I complete a running diary and send it to him for feedback. He will then tweak the next week's plan according to how I'm feeling and what races I am eyeing up.

If you're thinking of hiring a coach, do it; the cost wouldn't even cover gym membership.'

BIG DAY
 (clockwise from top) waiting for the race to begin; crossing the line; pre-race breakfast; coach Alicia Shay; Kita's training log; her mother and fiancé (now husband) offer support; looking good at mile 18



foundation. 'Imagine a stair-step progression,' she says. 'You were trying to make this huge box jump instead of walking up the stairs.'

I spent a year training with Shay, first for a spring half and then for the Wineglass Marathon in autumn. Owing to my injury history, she took care to increase my mileage slowly. Over a year, Shay helped me build a base that allowed me to average a little over 40 miles per week in the 16 weeks leading up to the marathon. This preparation, along with my coach's support, helped even the hardest weeks feel manageable. I never experienced the 'I'm sick of running' feeling I had in every previous marathon training cycle and I arrived at the start line healthy.

LESSON 3 POWER ISN'T JUST FOR SPRINTERS

When I saw a hill-sprint workout on my schedule, I groaned. To me, one of the perks of training for a marathon was avoiding the all-out kind of speedwork that 5K runners have to endure.

I emailed Shay to ask about this odd-seeming workout. 'Most runners have stronger engines compared with the structure needed to support the engine,' she replied. 'The goal of hill sprints isn't necessarily speed but the ability to recruit more muscle fibres as you fatigue in races.'

Another benefit of such workouts is improved form. 'With any type of hill workout, it becomes very difficult to have sloppy form, so hill sessions can help with form corrections,' she said. 'Hill reps are



SIDE PLANK

Lie on your left side, then rise on your left forearm and your left foot to form a line. Hold for 30 secs. Then drop and raise your left hip so it 'kisses' the floor five times. Do three sets on each side.



REVERSE CLAMSHELL

Lie on your left side, knees bent at 90 degrees, with a resistance band around your ankles. With knees apart and pelvis in line, raise and lower your right foot. Do three sets of 8-12 reps on each side.



MONSTER WALKS

Stand with legs shoulder-width apart, knees slightly bent, a band around your ankles. With your right foot, step to the right and follow with your left. Do four sets of eight steps right and eight left.



SIDE PLANK CLAMSHELL

Lie on your left side, a band just above your knees. With knees at 90 degrees rise up on your left forearm. Open and close your legs from the knees. Do three sets of eight reps on each side.



a great way to become aware of how you are powering forward.'

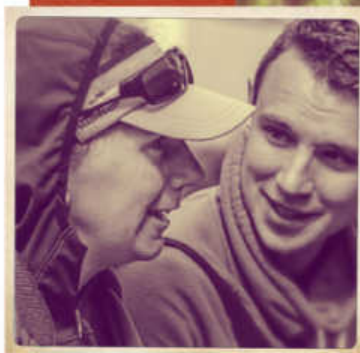
And so began a series of workouts that involved 10-20-second uphill sprints, with 90 seconds of complete walking/standing rest – and they delivered on their promise. I started to feel like I was actually drawing power from the glutes I was working so hard to build in the gym, especially at and above half-marathon pace.

LESSON 4 VARY YOUR WORKOUTS

Doing the same workouts week after week stops challenging both your body and your mind. 'Doing the same thing makes you stale,' says Shay. 'Your body responds to different sorts of stimuli to make different adaptations. Doing different workouts at a variety of paces only serves to enhance your fitness.' Shay regularly assigned me runs with intervals at threshold pace (slightly faster than half-marathon pace, meant to improve endurance) and rep pace (roughly mile pace, meant to improve speed and running economy). Some workouts included repetitions based on time, while others were based on distance. Some had me running all reps at a single pace, while others had me changing paces two or three times. I often had to write my workouts on my hand before heading out, to remember them; they challenged me physically and mentally.

LESSON 5 NOT ALL LONG RUNS SHOULD BE SLOW

Many training plans feature a weekly long, slow run, at one to two minutes slower than goal



AFTERMATH
Kita showing her medal
and her emotions

marathon pace, which is fine only if your main goal is to finish the race. 'Runners do so much training faster or slower than marathon pace, then try to race at a speed they're not familiar with,' says Shay. 'You shouldn't step onto the line and think, 'What's this pace going to feel like?''

My Sunday runs alternated in style: one weekend I'd do a long, slow run, and the next a long run with segments at marathon pace. I built up to a couple 20-plus-milers that had 12 or 14 of those miles at goal pace. The point of these workouts was to train my body and mind to run at that speed, and to build confidence in my ability to hold it for a whole marathon.

'Marathon training is not easy, so you should never feel like you're breezing through it,' says Shay. 'If you do, you're not reaching your potential or training properly.'

LESSON 6 DON'T BASE YOUR HAPPINESS ON YOUR FINISHING TIME

'I tell my athletes that phenomenal performances are a combination of a really good training plan, really good execution and the

UP SKILL
Using hill work
to build strength

QUESTIONS FOR YOUR COACH



Here's what to ask to make sure a coach is the right match for you

1

WHAT'S YOUR COACHING PHILOSOPHY?

'Ask about the kinds of workouts and the volume the coach thinks might be right for you,' says Shay. You'll get a feel for whether the coach knows their stuff.

2

WHAT ARE YOUR QUALIFICATIONS?

'Make sure your coach is qualified,' says Martin Yelling, owner of Yelling Performance (yellingperformance.com). It may be a Run Leader qualification (runengland.org), or a Coach in Running Fitness Cert from British Athletics.

3

HOW MANY RUNNERS LIKE ME HAVE YOU COACHED?

'It's helpful to have a coach with experience in your chosen distance, and who has trained runners of your age, gender and ability level,' says Hamilton.



'I RAN THE LONDON MARATHON IN 3:30'



Name Melissa Fehr
Age 36
Job Product manager
Hometown London
 Marathon PB before coaching, 3:48
 PB afterwards, 3:30

'In 2013 I was a heel-striking runner with a marathon PB of 3:48. With the help of my coach, Barbara Brunner at Energy Lab, we spent the entire year addressing my form issues, breaking down my style and making my running much more efficient. This included a switch to a midfoot strike and minimalist shoes. The result was that in 2014 I ran the London Marathon in 3:30 – taking nearly 20 minutes off my PB – and I've cut times from my 10K and half-marathon PBs, too (from 50:27 to 43:36 and 1:47 to 1:36, respectively).

Barbara was also able to work with my complex medical history (I had a bone marrow transplant in 2009 and have a repressed immune system) and she also trained me for my first international competition: I competed in the 1500m, 800m, 400m and 5K road race at the World Transplant Games in Argentina last month.'

alignment of the planets,' says Janet Hamilton, an exercise physiologist who provides online coaching via RunningStrong.com. The reality of the marathon is that you will be training hard for at least a few months for an event that takes place on a single day. It is unlikely that everything will come together perfectly. It might be windy, for example. You might have a cold. It might be windy and you might have a cold.

'Rigid expectations aren't helpful,' says sports psychologist Cindra Kamphoff. 'Let's say my goal is to run a 3:30, and I might believe that I can because I've had a coach. But then I get in the race and things aren't happening for me that day.' The race can go wrong mentally long before it goes wrong physically, she says, and even a PB can feel like a failure if it's not the time you'd obsessed about.

I know this is true because it's exactly happened to me at the Wineglass Marathon. At the finish line, instead of drenching myself in that bubbly I was covered in snot and tears: exhausted, crampy and, despite managing both a PB and a Boston Qualifying time by seven seconds (I clocked 3:34:53), upset at not achieving the sub-3:30 I'd had my heart set on. I vowed there and then never to run another marathon.

A few months after Wineglass, I meet Shay in person and we talk about what I should do next. 'You need to choose a goal that inspires you,' she says. That seems obvious, but it makes me realise something very important: I'd been so focused on qualifying for the Boston Marathon for the past few years that I never stopped to consider whether the pursuit was making me happy. And it wasn't.

Because I'm not a runner who loves every moment of marathon training I'll never be one to say, 'Well, I didn't nail the time I wanted, but the journey that got me to race day was so worth it.' For me, the race itself has to be worth it. From now on, I'm skipping 'fast' marathons – which are only fast if it's cool and you're healthy and you get some sleep the night before – and entering ones that advance my new goal of running a 26.2 in every US state. To me, the journey of marathon training is worth it if it literally takes me to a place I've never been before. I may never have realised that without Shay's help. **RW**

4

HOW MUCH INTERACTION WILL WE HAVE?

'If you're looking for someone you can call or text multiple times each week, but the coach is expecting to exchange emails a few times per month, you're not compatible,' says Shay.

5

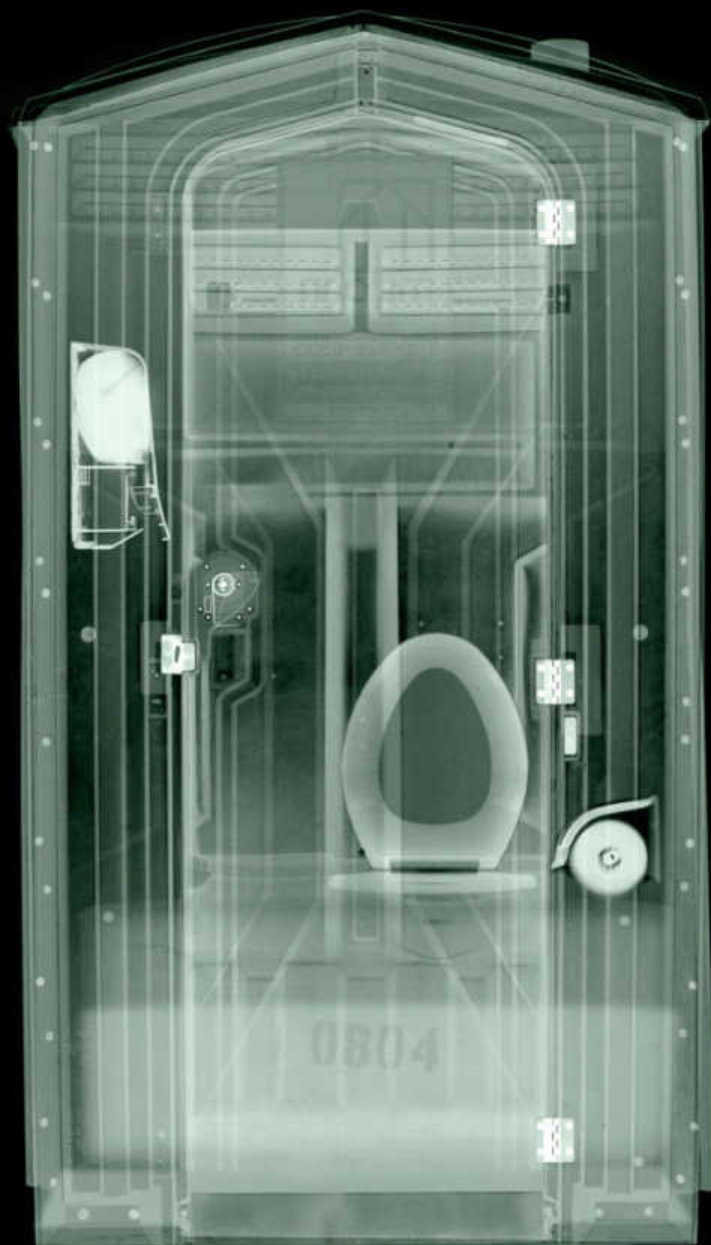
HOW BESPOKE WILL MY PLAN BE?

'Check that your coach isn't sitting at a computer sending out the same plan to each of their clients,' says Yelling. 'Yours should reflect the conversations you've had about where, when and how you like to run.'

6

WHAT ELSE DO YOU KNOW ABOUT?

'Ideally, you'll hire someone who also has a working knowledge of sports nutrition, psychology, appropriate health behaviours and other aspects of athlete care,' says Yelling.



BOG STANDARD

We lift the lid on portable loos, those malodorous cubicles that runners are, nonetheless, always relieved to see

Runners have a complicated relationship with portable toilets. We're happy to see them before, during and after a race (especially when we've been downing liquids and glucose), though the time we spend in their odoriferous confines can yield some memorable (not in a good way) moments. However, rather than turning up your nose at them, we suggest cutting the portable toilet some slack. Everything from the mysterious blue liquid to the height of the drop to the placement of the urinal has been calibrated to make the best of a fairly crappy situation. In short, there's a lot more to these things than we thought.

Porta peeve

'Don't wipe your hands on toilet paper and then drop it on the floor. Is it too much to ask that you place it in the same big hole you just used?'

Kerry McCarthy, RW commissioning editor

Q WHAT HAPPENS TO EVERYTHING?

A Workers run a hose from a truck that sucks waste from the abyss. If the toilet is staying, it's cleaned and refilled with the blue stuff/precharge. Trucks can carry up to 5,600

litres of waste and 1,900 litres of precharge or fresh water (precharge mix is added once water is in). If the unit is leaving, it's pumped out, put on a truck, and pressure-washed.

**GREAT IDEA!**

'I wish the latch were at the bottom of the door so it could be opened and locked with your foot instead of your hands.' *Lindsay Bender*

**Q WHY DO THEY ALWAYS RUN OUT OF PAPER?**

A A race's budget often determines the quantity and quality of toilet paper, which costs about 15-30p per roll. How much each unit needs depends on the breakdown of men vs women – more women means more paper – and the type of event. The industry standard is two to four

single-ply 1,000-sheet rolls per stall. 'The number of rolls doesn't matter nearly as much as what they are,' says Ron Inman, vice president of Honey Bucket, the company that services the Hood to Coast relay in Portland, Oregon. 'You can get rolls with 500 sheets or 1,500 sheets. Our rolls are 1,500 sheets, single-ply.'

**CONVENIENCE TRUTHS**

BY THE NUMBERS

180

Millilitres in the average deposit

220

Typical capacity, in litres, of the tank

70

Percentage of a full toilet made up of urine

250

Number of uses a toilet can (safely) handle

100

She-wees at the start of the London Marathon

213

Portable loos along the London Marathon course

Q WHAT'S THAT SMELL?

(Not that one. We know what that one is. The other one...)

A Manufacturers deploy several methods of distracting your olfactory senses, including hiding deodorising disks behind hand sanitisers and adding scents to the tank. Cherry and bubble gum are among the aromas used. 'In part, it's because they can be easily produced in-house, unlike many fragrances, and they're particularly good at masking odors,' says Dean Carstens, deodorisers general manager at Satellite Industries. Mind you, unless you're the first person to use a portable loo on race day, you may not be aware of the manufacturer's efforts to keep things fragrant.

Porta peeve

'Why are there not monitors to help form queues and manage the crowds? And keep spectators out of the runners' lines?'

Nancy Caviness

GREAT IDEA!

'There should be a big digital timer on the outside of portable toilets to track how long someone has been in there and (hopefully) pressure them to hurry it up.'

Robert Reese

Q WHAT'S THE LIFESPAN OF A UNIT?

A 'Portable toilets will easily last 10 years,' says Steve Brinton, vice president of sales and marketing at Satellite Industries, a portable-toilet manufacturer. 'There are toilets more than 30 years old.' The secret of their durability is high-density polyethylene. The plastic is 'relatively pliable,' he says, a key quality when you're continually hauling the frames on and off trucks. 'You want toilets that will absorb impact so they won't crack and leak – a problem with a lot of the old fibre-glass tanks.'



Q HOW IS THE USER-TO-TOILET RATIO DETERMINED?

A 'There's one toilet per 60 people at a concert,' says Brinton, 'but at a race it's one for every 10 people because of the way they're used.' What that means is that an awful lot of well-hydrated runners create heavy traffic over a condensed time period. In fact, after an informal study of race

participants, Ron Crosier, president of Crosiers Sanitary Service, found that 80 per cent use the loo in the hour before the start. Companies such as Crosiers do provide recommendations, but the race director's budget guides the quantity and quality of the selection.

ON QUEUE BY THE NUMBERS

1:20

Average time it takes a runner to get in and out

10

Suppliers' suggested max length of queue in mins

1:30

Average time it takes a male non-runner

3:00

Average time it takes a female non-runner

Porta peeve

'Guys: please, don't splatter the toilet seat. Come on.'

Mark Remy,
RW writer

Punny providers

These five companies service events with a sense of humour

1

A Royal Flush, West Sussex

2

Drop Zone Portable Service, US

3

Mr Party Pooper, US

4

Karzees, Essex

5

Sweet Pea Toilets, Surrey



THE BLUE STUFF

(or 'Precharge')

BY THE NUMBERS

22

litres of water

200

millilitres of liquid deodoriser (designed to last seven days)

1

part fragrance (mountain breeze, cherry, etc.)

1

part biocide (to prevent bacteria)

1

part soap, to keep things in solution

+

Dashes of blue dye (masking agent; limits the nasty view)



GREAT IDEA!

'There should be an express queue – runners who pee fast need their own section. And some races that start in the dark need lamps in the loos.'

Bart Yasso, RW
chiefrunning officer



Q WHY IS EVERYTHING, SO, YOU KNOW, WET?

A A survey by Brinton showed that users prefer to hover. In fact, 95 per cent of women and 93 per cent of men won't make contact with the seat. Since maintaining a successful, steady squat (especially with trembling quads) over those things is to ask too much, it's no wonder things get

messy. So why not just put a normal toilet over the tank to encourage better aim? Because making room for ergonomic porcelain would shrink the tank and lower its capacity. 'All that waste has to be contained within a 44-by-48-inch footprint,' says Brinton. 'So you need more tank than seat.'

Q ARE THEY SET UP TO MAKE QUEUING CHAOTIC?

A The placement of toilets is up to the race director. Sometimes, space constraints mean a line of portable toilets – as opposed to the U-shape, which lets runners choose from more at a time – is the only option. In that case, banks of 10 toilets should be separated by a 20-foot gap to limit chaos. One queue per bank, rather than per unit,

is ideal. By promoting one queue with signage or tape, one out-of-service toilet won't stop the traffic. But the U-shape is the way to go. 'There's something aesthetically pleasing about them,' says Crosier. 'You have a courtyard that's surrounded by doors, so when you're walking in, you can see very quickly which unit is open.'



A+ AMENITIES

Five innovations we'd love to see



Flush systems

Already available. That blue liquid just doesn't do enough.



Handwash stations

Foot-operated. These are not new, but they are rare.



Foam hand sanitiser

To decontaminate after you've opened the toilet door.



Luxury bathroom trailer

With air conditioning and music: the ultimate sitting experience.

Porta peeve

'Lock the door. I've seen more than one bare-bottomed bloke who just didn't bother to slide the bar over.' *Meghan Loftus, RW senior editor*

TALES FROM THE DARK SIDE

We asked runners on Facebook for their unforgettable portable loo stories



'I was queuing for a portable loo when the 'friends' of a man already using one turned it upside down after jamming the door shut. The guy who emerged was not one you wanted to be near.'

Paul Sparks

'My running buddy came out of the bog and made a comment about how it was nice that they had a place for you to put your hat, gloves, etc, while you peed. I had to inform him that the 'holder' was a urinal!'

Bill Pritchett



GREAT IDEA!

'An extractor fan. If you get rid of that smell, you've easily made that thing at least a 1.5 star rating on TripAdvisor.'

Dan Fuehrer

'At one event, the chemicals were so strong. I coughed so bad I threw up before the race started.'

Melissa Ann Miano

RESPONSES MOST FREQUENTLY CITED:

Waste where it shouldn't be
26.9%

Dropped objects
11.5%

Toilet paper problems
11.5%

Stomach troubles (including vomiting)
5.8%

Unwanted sightings (spiders and, well, private parts)
5.8%

Other
38.5%

DROPPED OBJECTS INCLUDED:

- ▶ Car keys
- ▶ House keys
- ▶ Gym keys
- ▶ Inhalers
- ▶ Earphones
- ▶ Socks
- ▶ Sunglasses
- ▶ Timing chips
- ▶ Water bottles



'When I was seven, I got locked in a portable toilet for about 50 minutes. I couldn't figure out how to unlock it. My mum finally talked me through it.'

Kit Fox

Porta peeve

'Midway during one race I really had to pee. I ran into one of the loos and started – and got splashed. Who closes the lid on a portable loo?'

Laura Doot Fish

'I went to an event that had two full days of racing and some 500-plus runners, but there were only three portable loos. They did not empty any of them out. I never knew two days of prerace jitters could crest like that. Some things just can't be unseen.'

Dan Fuehrer



NO GUTS NO GLORY

If you're looking to improve your running, go deep – a tune-up for your digestive system could boost your performance and your health



I

t's the day of your big race. You've done the training and you're toeing the line injury-free. Things go well for the first few miles, but then the rumblings begin. Your stomach begins to gurgle, bloat and cramp. You try hard to run through it, but there's no escape – you're forced to divert to a portable loo, or to stop by the side of the road. It happens to the best. Paula Radcliffe was caught short at the London Marathon in 2005 and similar emergencies have taken down runners before and since.

'There is evidence to suggest that the incidence of gastrointestinal distress is higher among runners than in athletes from sports with less mechanical trauma, such as cycling or swimming,' says Nathan Lewis, senior performance nutritionist at the English Institute of Sport. In one study, published in the *Scandinavian Journal of Gastroenterology*, 45 per cent of runners reported suffering from gastrointestinal (GI) symptoms, such as cramping, bloating, reflux, nausea, vomiting and diarrhoea.

It's little wonder. Aside from the jarring action of running, oxygenated blood flow to the gut is reduced by as much as 80 per cent, as it's diverted to the working muscles and skin for heat dissipation. 'This can result in an inadequate supply of oxygen and nutrients to the gut mucosa – the innermost layer of the gastrointestinal tract – which

can cause pain and significant gut-related problems,' explains Lewis. 'For example, increased permeability of the gut barrier, allowing bacterial components into the bloodstream, where they invoke an inflammatory response.' This manifests itself in classic GI symptoms, including nausea, tummy ache, cramps and urgency.

Such symptoms can ruin your race as surely as a twisted ankle will. But is gut distress simply an inevitable hazard of our sport? Not necessarily. While there's no one-size-fits-all solution, there are plenty of strategies to try to help you get to the bottom of the problem (pun intended).

A second brain

What's more, taking care of your gut for the sake of your running may also have a knock-on beneficial effect on your overall wellbeing. The health of your gut microbiome (the population of microbes in your digestive tract) has been shown to influence the immune system, neural function, mental health and body weight. One study, published in the *Journal of Proteome Research*, suggested a lack of bacteria in the large intestine could cause obesity by slowing down the activity of 'brown' fat, which protects against weight gain. In fact, so great is the gut's influence that it's been called the 'second brain'.

This second brain is composed of tens of trillions of microbes from more than 1,000 different species or strains. But, says Professor Tim Spector, Professor of Genetic Epidemiology at King's College London and author of *The Diet Myth: The Real Science Behind What We Eat* (W&N), every individual's microbiome is as unique as a fingerprint. 'That's one of the reasons why people don't respond the same way to different diets or exercise regimes,' he says.

But the good news from emerging research is that exercise appears

2

Approximate weight in kg of the gut microbiome

to have a positive effect on the gut microbiome. 'Evidence from rat studies is strongly suggestive that running alters microbe composition to favour chemicals called short chain fatty acids [SCFAs],' says Spector. 'These strengthen immunity, dampen inflammation and prevent leaky gut, in which microbes and toxins cross between the gut and the blood. There is sparse human data, but twin studies show a good correlation between regular exercise and a healthy microbiome.'

One of the main definitions of 'healthier' when it comes to gut microbes is 'diverse'. 'The more species you have, the more vitamins and metabolites they are producing,' says Spector. 'While many vitamins come from the food we eat, our gut microbes also produce them.' And studies have shown that gut microbes, in particular, aid the production of vitamin K and the B vitamins. It's one of the reasons Spector is sceptical about the current trend for eliminating food groups – such as wheat or dairy – to solve dietary issues. 'The less varied the diet, the more it reduces diversity in the gut microbiome – in the long term you're going to pay a price,' he says. Infant studies have shown that the less diverse the

Exercise appears to have a positive effect on the gut



microbiome at three months, the more likely the chances of developing food allergies later on.

Eat and run

But that doesn't mean you can't make changes to your diet to reduce your chances of suffering from GI symptoms when training and racing. Lewis has worked with diarrhoea-prone elite athletes and says dietary alterations in the 48 hours before a race can solve the problem. 'I recommend temporarily removing high-fibre foods, like vegetables, pulses, nuts and beans, from the diet. Stick to easy-to-digest foods, basing meals around white rice, potatoes without the skins, or porridge oats in the morning. This leaves you with little fibrous bulk in the large bowel by race morning.'

That said, there is wide variation in the foods that, consumed too close to physical exertion, cause a gut reaction. 'Dairy isn't great for some athletes because the proteins it contains can clot in the stomach,' says Lewis. 'And, anecdotally, some people report improvements in symptoms when they avoid gluten.'

As these issues vary so much from person to person, keeping a detailed food and symptom diary can be

helpful in identifying your personal triggers. You can download one free of charge from the World Gastroenterology website (loveyourtummy.org). 'If you identify a potential food or type of food, I'd advise cutting portion size initially – this can make a huge difference,' says Lewis. 'Perhaps you can't tolerate a pile of lentils but you're fine with a small helping.'

Timing is also important. 'For those prone to diarrhoea, I would recommend eating four hours before a race, opting for something low in fat and free of fibre,' says Lewis. 'But you need to experiment to see what works for you.'

For training sessions of under an hour, avoiding food altogether beforehand might be the solution. 'Eating itself increases peristalsis [contractions that move food] in the gut,' says Lewis. 'As long as you have a decent-sized meal the evening before, you'll have enough

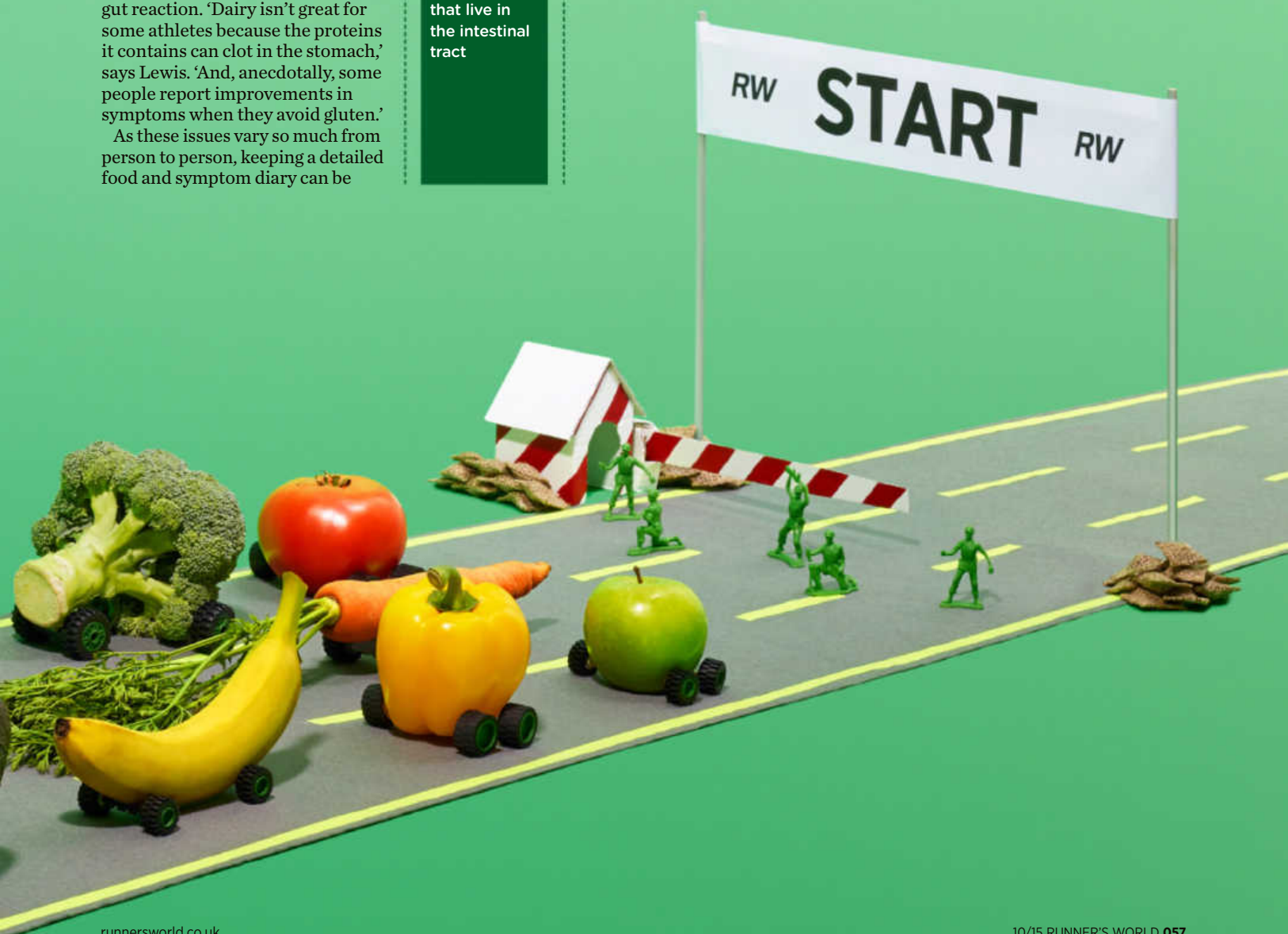
fuel for training of this duration. And just swilling the mouth with a carb drink has been shown to have a positive effect on performance.'

Hydration is also an important factor in avoiding or reducing GI symptoms. 'Getting your fluid status right is essential,' says Lewis. Exercising in a hypo-hydrated state (under-hydrated, though not necessarily dehydrated) affects the rate at which the stomach empties, which could trigger problems. It's best to avoid starting exercise in a dehydrated state rather than attempting to down lots of fluid on the run. An excessive volume of fluid, along with the air you take in while drinking, has been shown to increase stomach discomfort.

It's also a good idea to look at your fuelling strategy. 'Have you used the same carb drink or gel in training that you're going to use in racing?' says Lewis. 'Do you take caffeine before or during races for

60

Percentage of the immune system's cells that live in the intestinal tract



> performance benefits that you have not been using in training?"

Many sports nutrition products – especially gels – now contain a mix of glucose and fructose. Since these two sugars have different ‘transporters’ into the bloodstream, this enables you to maximise your carb intake on the run. However, says Lewis, too much fructose can cause diarrhoea because it draws water into the gut. Research has shown that the benefit of dual or multi-source carbs only overtakes simple glucose or maltodextrin when you’re consuming more than 60g of carb per hour. So, if you’re taking in less than this, there’s no need to use a product that contains fructose and risk upsetting your stomach. Be mindful of what you drink in the hours prior to running, too: a large glass of fructose-rich apple juice or a fruit smoothie could cause GI problems on the run.

Go pro

One much-touted measure for improved gut health is to increase your intake of probiotics, either through supplementation or diet. Probiotics are microorganisms that benefit human health, and they can help to restore a healthy microbiome that’s been thrown off by illness, medication (especially antibiotics), foreign travel, stress or poor diet. Studies have shown that probiotics can improve intestinal barrier integrity in those suffering from acute illness, reducing GI symptoms such as cramps, bloating and diarrhoea, but this hasn’t been shown specifically in exercisers. Still, The English Institute of Sport is recommending that Team GB athletes take probiotics, based on a growing body of research backing up their beneficial effect on the athletes’ health.

For example, an Australian study found that fatigue-prone athletes were lacking in interferon, a protein that helps regulate the immune system. They were given probiotics daily for a month and the deficit was corrected. And research published in the *International Journal of Sport Nutrition and Exercise Metabolism* found a reduction in upper respiratory tract infections and post-marathon GI symptoms with probiotic use.

While there is no direct evidence in humans of a physical performance benefit, a recent study in the *Journal of Strength and Conditioning Research*

found that mice stripped of their gut bacteria performed worse in a swimming-endurance task than those with a healthy gut microbiome. Spector, however, believes more evidence is needed before recommending ‘blanket use’ of probiotic supplements, instead recommending that people look to dietary probiotic sources. ‘I’d rather people ate a natural yoghurt,’ he says. Other foods that are high in probiotics include fermented foods such as kimchi, miso, kefir and sauerkraut.

Spector also points out that probiotic supplements aren’t all created equal and there is little regulation regarding what they should contain, or whether they even contain what they say they do. ‘You need a product that contains a minimum of five billion bacteria [per capsule] to ensure enough reaches your colon,’ he says. ‘Check the label. You also want a range of species – many products only contain a couple of strains of bacteria.’ (See *Tummy Tamers*, right.)

Also, be aware that the benefits of taking probiotics last only as long as you continue to take them. ‘They are like tourists,’ says Spector. ‘They only benefit the health of the local economy for the fortnight they are there.’ So it’s key that you keep your intake consistent if you want to reap the benefits.

Other foods that sustain useful microbes in the gut include those rich in polyphenols, such as olive oil, nuts and seeds, green tea, coffee and dark chocolate. Polyphenols encourage some microbes, such

95

Percentage
of the ‘happy’
hormone
serotonin
produced
in the gut

‘GI symptoms
tend to lessen
over time’

TUMMY TAMERS



Monkey MX Digestive Enzymes

£16.50, Monkeynutrition.com

Some people have more digestive enzymes than others, and levels dwindle as we age, says Dr Fegerl. Monkey MX boosts your existing supply, optimising the breakdown of food components, including gluten.



BioCare FOS powder

£7.49, lifestyle-labs.com

Prebiotic foods are found in many fruit and veg, but if you are avoiding certain foods or need to increase your fibre intake, this prebiotic supplement, which is derived from chicory, could be helpful.



HealthSpan High-strength Probiotic

£15.95 for a two-month supply, healthspan.co.uk

This is recommended by The English Institute of Sport. It has 20 billion bacteria from five strains, including B. Lactis, which has been shown to ease IBS symptoms.

experience significant bloating, wind or diarrhoea if they go beyond a certain quantity.' Many of the key prebiotic foods are the same ones that IBS [Irritable Bowel Syndrome] sufferers following the low-'FODMAP' diet are told to avoid. FODMAP stands for Fermentable, Oligo-, Di- and Mono-saccharides and Polyols – some of the 'culprit' foods are wheat, garlic, dried fruit, kidney beans, milk, cabbage, onions, apples and cherries.

'Athletes with a history of IBS may benefit from trying the low-FODMAP diet, with assistance from a health professional,' says Lewis. 'Reducing the exposure of the gut to certain fermentable carbs (fructo-oligosaccharides and galacto-oligosaccharides) could resolve their symptoms altogether.' But Spector points out that it could be just one or two specific foods from the FODMAP family causing the problem. 'Runners with IBS need to experiment to see which foods give them problems and which are fine,' he says. 'The long-term goal is maximum diversity and sufficient fibre.'

Dr Sepp Fegerl, medical director at Viva Mayr (vivamayr.com), a clinic specialising in digestive health, believes that it's not just what we eat, but also *how* we eat that can affect our gut happiness. 'Digestion begins in the mouth,' he says. 'That's why chewing your food properly is so essential. The action of chewing, combined with the liquid and enzymes contained


in saliva, breaks the food down, giving the maximum number of nerve endings in the tongue information to send to the brain about what the food is. The more liquid and the longer in the mouth, the more detailed the information sent to the intestinal organs on how to respond. This leads to optimal digestion and absorption of the nutrients.' Fegerl recommends chewing every mouthful 30-40 times. This also slows down the rate at which you eat.

At Viva Mayr, the guests are encouraged to eat alone, without distractions. 'We recommend not drinking anything with your meals, but especially no iced or carbonated drinks,' says Fegerl. 'Also, avoid drinking half an hour before eating and an hour after. Fluid dilutes digestive liquids and affects transit time, leading to reduced absorption of nutrients.'

Take your time

If you feel as if you've tried everything and aren't getting any relief from your gut discomfort, it's worth getting a check-up to rule out any serious problems within your digestive tract. Lewis says you could then consider trying the FODMAP diet, or an elimination diet, in which you strip the diet right back, wait for symptoms to disappear and then reintroduce suspect foods one by one to see if you get a reaction. But he cautions against doing this alone. 'Work with a dietitian or nutritionist or you risk an unbalanced diet that could cause your performance – and health – to suffer,' he says. 'For example, eliminating dairy can be a big risk for endurance athletes – potentially compromising their calcium intake and bone health.'

Also, take comfort from the fact that, when it comes to running-related gut health, time is a great healer. 'GI symptoms tend to lessen over time,' says Lewis. Novice runners tend to suffer more than experienced runners, and younger runners more than older runners.'

Spector's final piece of advice is something that we runners are frequently encouraged to do: 'Listen to your body,' he says. 'Experiment, but aim for diversity and eat 'real' food wherever possible.' It's a simple message to take away, but for both your running and your all-round health, it's a recipe for success. 

as lactobacilli, to flourish and also prevent unwanted microbes from colonising the guts.

The importance of *prebiotics* is also becoming increasingly apparent. 'Prebiotics are like fertilisers for your gut microbes, encouraging the good species to grow,' explains Spector. They can't be digested in the upper part of the digestive tract so they reach the colon, where they are 'digested' by the microbiome. Prebiotics come in the form of starches in the diet, including oligosaccharides, oligofructose and inulin. 'There's evidence that a high-prebiotic diet can improve the health of the microbiome,' says Spector.

However, they can also cause gas and bloating. 'This is why portion size is so crucial,' says Lewis. 'Many people can tolerate small amounts of prebiotic-rich foods, but will



Kings College London is working with the American Gut Project to learn more about how microbial diversity affects health. You can help by taking a test to see what's living in your gut. Visit britishgut.org.

GO IN FOR THE GRILL

The kebab becomes a superfood with these five creations from nutritionist Matthew Kadey, all tailored to provide the nutrients every runner needs



TO PREPARE Thread the main ingredients onto skewers. Whisk together the sauce ingredients and brush half of the mixture onto the kebabs 15 minutes before grilling. Heat a grill

to medium-high heat. Cook the kebabs, turning once (see recipes for exact grilling time). Brush on the remaining sauce halfway through cooking. Top with garnish. All recipes serve four.

Pork souvlaki

Souvlaki are usually made with pork, and the fillet (or tenderloin) is a particularly lean cut. Pork is rich in protein, which will help speed your recovery after a tough run. Peppadew peppers (£3.19 for 350g, waitrose.com) add a sweet-spicy kick, and fennel lends a distinctive aniseed flavour and plenty of crunch.

Grill time 10 minutes

SKEWERS

- ◆ 450g pork fillet, cut into 2½cm pieces
- ◆ 125g Peppadew peppers
- ◆ 1 fennel bulb, cut into 2½cm chunks

SAUCE

- ◆ 3 tbsp olive oil
- ◆ Juice of ½ a lemon
- ◆ 1 tsp dried oregano
- ◆ ½ tsp smoked paprika
- ◆ ¼ tsp salt

GARNISH

- ◆ Tzatziki

Pork souvlaki

If you want to add more sauce after cooking, keep some separate so it's not contaminated with raw meat.

Smoky maple chicken

Grilled cheese

Photograph: Matt Rainey

Smoky maple chicken

Chicken thighs provide muscle-repairing protein. Chipotle pepper contains capsaicin, a compound that may help curb overeating.

Grill time 10 minutes

SKEWERS

- ◆ 450g boneless chicken thighs, cut into 2½cm pieces
- ◆ 2 courgettes, cut into 2½cm-thick slices
- ◆ 2 peppers, cut into 2½cm chunks

SAUCE

- ◆ 3 tbsp maple syrup
- ◆ 1 tbsp cider vinegar
- ◆ 1 tbsp tomato paste
- ◆ 1 canned chipotle pepper in adobo sauce (£1.65 for 90g, ocado.com), minced
- ◆ ½ tsp garlic powder
- ◆ ¼ tsp salt
- ◆ ½ tsp cumin

GARNISH

- ◆ Chopped chives

Grilled cheese

Lower in fat than many cheeses, halloumi stays firm when grilled. It's also rich in protein and provides bone-building calcium. Za'atar is a spice-and-herb blend common in Middle Eastern cooking.

Grill time 8 minutes

SKEWERS

- ◆ 280g halloumi cheese, cut into 2cm cubes
- ◆ 150g cherry tomatoes
- ◆ 1 aubergine, cut into 2½cm chunks
- ◆ 1 red onion, cut into 2cm chunks

SAUCE

- ◆ 3 tbsp olive oil
- ◆ 1 tbsp lemon juice
- ◆ 1½ tsp za'atar
- ◆ 1 clove garlic, minced
- ◆ ¼ tsp ground black pepper

GARNISH

- ◆ Chopped parsley

Pesto steak

Sirloin, a lean cut, is high in iron, vital for top performance. The anti-inflammatory powers of olive oil (a main ingredient of pesto) help soothe post-run inflammation.

Grill time 8 minutes

SKEWERS

- ◆ 450g sirloin steak, cut into 2½cm cubes
- ◆ 225g crimini mushrooms, stems removed
- ◆ 8 shallots, halved lengthwise

SAUCE

- ◆ 2 tbsp pesto
- ◆ 1 tbsp horseradish
- ◆ Juice of ½ lemon
- ◆ 2 tsp olive oil

GARNISH

- ◆ Chopped basil

Teriyaki scallop

Succulent scallops are low in fat and high in protein. Avocado is rich in heart-healthy fats (and yes, you *can* grill it), while pineapple is packed with vitamin C, which may improve breathing during hard exercise.

Grill time 6 minutes

SKEWERS

- ◆ 675g scallops, orange roe (coral) removed
- ◆ 1 large red pepper, cut into 2½cm chunks
- ◆ 2 avocados, cut into 2½cm cubes
- ◆ 330g pineapple chunks

SAUCE

- ◆ 2 tbsp low-sodium soy sauce
- ◆ 1 tbsp rice vinegar
- ◆ 1 tbsp lime juice
- ◆ 2 tsp sesame oil
- ◆ 1 tsp Sriracha sauce (£2.50 for 455ml, tesco.com)
- ◆ 1 tsp grated fresh ginger

GARNISH

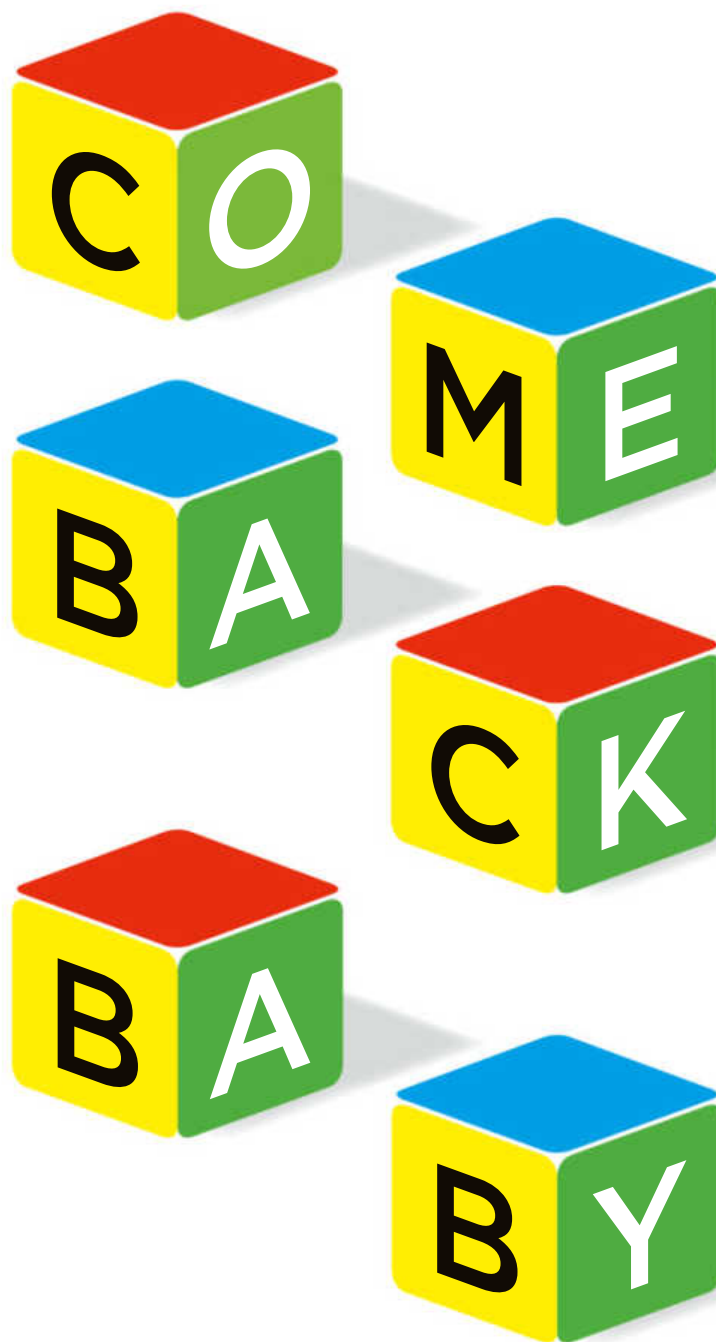
- ◆ Sesame seeds **RW**

For quick midweek meals, assemble kebabs a day ahead. Oil the grill surface to prevent sticking.





PLAY TIME
Michelle Edwards,
with Arabella, 4,
and Roddy, 2



Pregnancy and new motherhood pose serious challenges to your running, but it is possible to return to your sport even stronger



When Jo Pavey took 10,000m gold at last year's European Championships, her victory was made all the more remarkable by the fact that her first gold at a major champs came at the age of 40, and just 11 months after giving birth to her second child. Pavey's achievement is an inspiration to

all runners, but especially those mothers who strive to achieve running goals while juggling the demands on their time, and coping with the changes and challenges pregnancy has brought to their bodies. Over the following pages we hear from women who have met those challenges and thrived, and from experts who can help you get all you need from running.





'I had to make every session count'

Kerry Queenan, 36, from Ilkeston, Derbyshire, is mother to Amy, six, and Grace, three. Time constraints have brought focus to her training



I've always loved to run. It started off at school and when I was in my 20s I ran on treadmills in the gym, but nothing challenged me as much as running outside.

Once I'd got back into that, I joined Ilkeston Running Club in 2006. I loved the club runs and the social side, too. I even met my husband, John, a fellow runner, there. He helped me train for my first half marathon and soon I dipped under two hours.

My first daughter, Amy, was born by caesarean section and I could hardly wait to return to running, which I did 12 weeks later. But that first run was so slow and hard. Then I found I couldn't run regularly because my life was now so hectic. I tried other activities, such as swimming, aqua aerobics and Zumba, but none of them gave me the same buzz as running did.

After we had Grace it seemed even less likely that I would get out running. But when she was 18 months old, John and I decided we were both determined to get back to it, so we came up with a plan. I would run on Saturdays while he did Sundays. We both went back to the Ilkeston club runs on Thursdays while the grandparents looked after the girls.

I squeezed a 10K run into my lunch hour at work on Tuesdays, too. It was a real juggling act, but it worked. My training was much more focused because I had less time, so I had to make every session count. And that meant my times were much better than before I had my girls. I knocked almost 15 minutes off my half-marathon PB, as well as running faster 10Ks and 5Ks. I think I'm much stronger, too. After undergoing an emergency caesarean as well as giving birth naturally, I tell myself running is never going to be as hard as that. I now want to tackle a marathon.

Running is definitely tougher to fit in once you have had children. But I'm getting as much, if not more, enjoyment out of it now than I ever did. And I'm faster, too.'

father figures

We asked running dads to share their advice on adapting their routines once babies arrived

'As the due date got closer, I stuck to local routes in case my taxi services were needed. When my wife started running again, we balanced our evenings by taking it in turns, though she does our club sessions: adult company is valuable when you've spent all day with a baby.'

Craig Coates

'I began fitting most of my training into my run to work. I could get in a good run and it would only take 30 minutes longer than my usual commute.'

Andrew McFarlane

'Before the baby, I trained eight times a week. This changed after I became a dad. You might have to alter your goals. I can't do many long runs, but I can justify a few races. And having your little one at the finish line is a nice touch.'

Paul Addicott

'We have a running buggy so I can take our older two out on a run and my wife only has the newborn to deal with. And I run more late at night. There's something fun about a run around midnight.'

Clive Barker

'Running became 'me' time'

Maria O'Donoghue, 40, from Leighton Buzzard, Bedfordshire, is mum to Cian, seven, and Aoife, three. Running has made her a better mum



only discovered running after we had our kids. With our first, Cian, I had a caesarean, poor aftercare and difficulty breastfeeding. It wasn't the world I'd imagined.

Later I suffered very low moods. Things came to a head one day when I was weaning Cian and he wouldn't eat his carrot purée. I curled up into a ball in the kitchen and sobbed my heart out. I knew that it was more than 'baby blues'.

My GP diagnosed postnatal depression (PND) and prescribed antidepressants and some cognitive-therapy sessions. I took the pills for about six months. They really helped, but I felt there must be another way to deal with it.

I began running after I had our daughter, Aoife, in 2011. I didn't suffer PND because I knew the signs to look out for. I found running was a great coping mechanism.

I googled the charity Mind at the start of 2012 and saw they had places at the Royal Parks Half Marathon in October. I made it my running goal and though I found it very hard at first, I knew I had to stick with it. Running was my own free therapy. I would go on my own and it became 'me' time.

I think running has made me a better parent because I can extract myself from family life for a short time and come back feeling fresher.

Running the Royal Parks Half meant I could open up to people about why I was doing it and talk about my battle with PND. I found it very cathartic. I could get the message out that it's not something to be ashamed of.

I did the London Marathon this year and plan to run the Dublin Marathon, too. I believe that things happen in life for a reason. And out of something bad I've found something good in running.'

Mind's Get Set to Go programme supports people experiencing mental health problems in joining sports clubs, going to the gym or taking up new sports. Visit mind.org.uk/sport



Professor Greg Whyte, sports scientist and Director of Performance at the Centre for Health and Human Performance on why motherhood can actually improve your running

'There are a host of reasons why women can perform better after having children. It's likely that psychological and sociological changes, rather than changes in anatomy and physiology,

explain this. Mums may take a more rounded approach to running, with a less blinkered view of its importance, which may allow them to train and race under less pressure and anxiety.

Being a mum also means that overtraining becomes less of a problem, as there's simply less time to train. The resulting focus on quality rather than quantity can boost performance.'



running mum's menu

Nutritional know-how from sports dietitian and ultra runner Rin Cobb, pndconsulting.co.uk

MUMS-TO-BE

Don't experiment with new diets, particularly during the first trimester, when your baby is most susceptible to any dietary imbalances. Eat a varied diet to keep you and your bump well nourished.

Your body needs iron-rich foods, such as red meat, green vegetables, tofu, chickpeas and pulses. Your baby draws iron from your stores, especially during the third trimester, and distance running can increase iron needs.

Limit your caffeine intake, as some studies have shown high levels lead to lower birthweight babies. Stay under 200mg per day (around two mugs). **If morning sickness** is making it harder to muster the energy to run, switch to bland foods such as dry crackers and toast.

NEW-MUMS

Don't try to lose excess fat by dieting. Instead, get back in shape by running.

Eat calcium-rich foods. You need a steady calcium supply for strong bones.

Drink more fluids if you're breastfeeding and running. Check the colour of your wee – a useful hydration indicator. It should be straw-coloured.



baby
on
board

Thule Glide Sports Stroller

£400, babyandco.com

Pushing your baby won't be a resistance workout with this light model, which features a handlebar that is adjustable to suit your height and running style. Easy to fold away, too.

BEST FOR
EASY
STEERING



'It's me, my music and the road'

Michelle Edwards, 33, from Datchet, Berkshire is mum to Arabella, four, and Roddy, two. She loves running more than she ever did



I've always run to keep fit. Before Arabella I ran a 10K race in under an

hour every couple of months, and I jogged most of the way through my pregnancy. But after Arabella, it became very hard. It was a traumatic birth and it left me very battered.

Once I got the all-clear from my GP, I went for my first run, when Arabella was four months old. It was horrendous. My chest felt tight and it was hard to maintain my breathing. I had to make a real effort to control it without panicking or giving up. I struggled to get to the end of the road.

I was still breastfeeding and knew I had to feed her or use my breast pump before I went out. Running with breasts full of milk was painful and heavy. My stomach felt wobbly and my hips and knees felt loose and weak.

I was shocked I couldn't do what had come so naturally

before. I realised I had to learn to run again, so I got a copy of *Runner's World* and joined my local club, Datchet Dashers. I began a run-walk programme. Even that felt tough, but I set a target of running my first half marathon, which I achieved.

After having Roddy, I knew it would take time to regain my fitness. I could no longer procrastinate about running. If I had a free half hour, I got out there. I also joined a gym that had a crèche.

Having children has meant I don't take my running as a given any more. And I cherish the solitary time, away from home and children. It's just me, my music and the road. I started to push myself like I never had before.

I feel much stronger since having my children. I don't give up easily and I appreciate my body and what it can do so much more. I'm better at listening to my body, too. I used to take running for granted, but now I love it in a way I never did before.'



What to expect when you're expecting and what to be aware of post-birth – and strategies to deal with it all, from personal trainer, ultra runner and mum-of-three Edwina Sutton, edwinasutton.com

DURING PREGNANCY

Manage your expectations. Ditch the Garmin, grab the comfy shoes and gently tick over rather than aiming for PBs.

Connect with your baby on your runs. Slow down, walk when you need to and always stop if you've any pain or feel tired.

Dial down your miles. Trying to run the same distances will leave you exhausted, so cut back and compensate by walking to feel you've still done a session.

Pick your routes. As you get bigger your gravity changes; running downhill gets tricky as the bump gets bigger, and it can feel uncomfortable. Pick flat routes and walk the downhills. Try trails or grass if you find roads jarring, and stay close to home in case you feel tired.


POST-BIRTH

Take your time.

The recommended guidelines to return to running are six weeks after vaginal birth and 10 weeks after a caesarean. But I recommend spending the first 12 weeks working on your core, and check with an osteopath about spine and pelvis alignment.

Build slowly. After my pregnancies I built up to walking 10km a day with the pram before even starting running. Once running, I kept my expectations low – six times two minutes, with five minutes walking in-between.

Be aware of your body's changes. While breastfeeding, my bra size increased and I found I needed to wear two sports bras to minimise bounce.

Strengthen your pelvic floor. You need to do pelvic-floor work to avoid stress incontinence. Try abdominal bracing: lie on your back and pull your abdomen in, as if someone is about to hit you in the stomach. Then perform different movements with your stomach pulled in. Try lifting one arm overhead, then the other, then both. Once you can do this progress to legs, then legs and arms, then opposite legs and arms. After finishing each movement, release your abs. 

Britax BOB Revolution PRO £455, mothercare.com

This can be used as your everyday stroller as well as an off-roader: the adjustable front wheel swivels for easy manoeuvrability, but can be locked in place for steadiness.



BEST FOR TRAILS

Bugaboo Runner £583, pramworld.co.uk

Large, air-filled tyres, suspension, a fixed front wheel with tracking controls and an easy-access brake along the length of the handlebar deliver comfort and precision control.



BEST FOR A SMOOTH RIDE



THE GREATEST RACE ON EARTH?

THE HAKONE EKIDEN ISN'T JUST THE BIGGEST RUNNING
EVENT YOU'VE NEVER HEARD OF, IT'S ALSO A GATEWAY TO
UNDERSTANDING JAPAN'S UNIQUE RUNNING CULTURE

Award-winning author Adharanand Finn spent six months in Japan learning about the fascinating world of Japanese running. He took to the streets of Tokyo with some of the top corporate stars, joined an amateur team to compete in ekiden relay races and even trekked into the mountains in search of the mystical marathon monks. His book, *The Way of the Runner: A Journey into the Fabled World of Japanese Running* (Faber & Faber) is out now.



On January 2 last year, I was among the crowds at the start of a race, the thumping sound of university bands and cheerleading squads threatening to shatter the glass of the towering skyscrapers, while television helicopters buzzed overhead. It was still only 7am, but the streets were rammed 10 people deep. Some had arrived hours earlier to secure their position at the front.

Pushing my way through the crowd, I headed down a side street and came across the athletes, striding back and forth in long, colourful jackets, awaiting their moment. Their faces were taut, the tension palpable in their eyes. For most of these young men, many of them still teenagers, this would be the biggest moment of their careers. Even if they ever managed to make the national team and run in the world championships or Olympics, it would pale in comparison with the intensity and importance of this race.

This was the Hakone ekiden, a 135-mile relay between university teams from the Kanto region around Tokyo: it's Japan's biggest sporting event.

While the country may be more famous as the birthplace of sports such as sumo, judo and kendo, this annual running event tops the lot in terms of television audience and spectator numbers. It's Japan's FA Cup final. Run over two days during the New Year national holiday, the race is laced with symbolism and history. People who normally have no interest in running gather with their families around the TV for two days to eat New Year rice cakes and watch the runners snaking their way from central Tokyo to the foot of Mount Fuji and back. To understand how the Hakone ekiden became such a big deal, we need to go back to the beginning. In Japan's Edo

period (1603-1868), couriers used to relay messages from station to station between Kyoto, the old imperial capital, and Tokyo. In 1917, the first ekiden relay race was held, along the same route, with runners passing a sash called a tasuki just as runners pass a baton in sprint relays.

After the Second World War, as the devastated country began to rebuild itself, ekidens were seen as a way of bringing people together, forging a spirit of unity and building morale. Because the races were sponsored by newspapers they got lots of media coverage, and companies and universities began to invest in their teams with the dual purpose of fostering loyalty among their employees and students, and as a way of promoting themselves.

As the races began to be televised, advertising opportunities grew. This increased interest in ekiden resulted in many teams turning professional; today there are around 1,500 salaried

EKIDENS WERE SEEN AS A WAY OF BUILDING MORALE

long-distance runners in Japan. By contrast, in the UK there are barely 20 long-distance runners able to make a living from their sport. While elite athletes in the rest of the world compete for sponsorship, appearance fees and prize money, athletes in Japan are actually employed by a team to run. And after their ekiden careers are over, many are given desk jobs for life in the company that owns the team.

Japanese athletes and coaches originally saw ekidens – in which the individual stages can be any length, but are usually between 5km and 25km – as good training for the marathon, with which Japan has a long and deep obsession. But ekidens began to surpass even marathons in popularity. The corporate and university bosses



realised it was easier to garner support for their ekiden teams rather than individual marathon runners, so they put their energy, focus and money into these teams.

But the rise of the races was driven by something deeper than simply commercial opportunism: ekiden suited the Japanese mindset.

Obviously not everyone in a country thinks the same way, but in Japan, particularly in the postwar years, a spirit of sacrifice and collectivism was encouraged. The most popular saying, still repeated today, was, 'The nail that sticks out gets hammered down.'

Ekiden, which puts the success of the group ahead of individual glory, was a good fit for this mindset. And running together, for the good of the team, also seemed to elevate individual performances. Many Japanese road-running national records have been broken during ekiden legs. At the 2014 Hakone ekiden, for example, the leaders reached 10km in 28:36 – a 10K PB for most of the 10 in the group – and a time not a single British runner would beat all year.

However, it's not individual PBs, but the spirit of collective effort and sacrifice that's key in ekiden races. It's touching to see teammates waiting for their fellow athletes at the end of each stage, holding them up and wrapping them in towels. The finishing runners display how much effort they have put in, tumbling to the ground, bodies broken, faces twisted, some openly weeping. It often takes two people to hold them up and marshals are on hand to give oxygen.

What's noticeable in every ekiden, however, is that the leading teams are less dramatic at the changeovers. At the end of day one at Hakone, when the Tokyo university runner crosses

01



1917

First ekiden race is run between Kyoto and Tokyo

1920

First Hakone ekiden

1936

A Korean running for Japan wins the Olympic marathon

1946

Japan's oldest annual marathon, Lake Biwa, is first run

1951

Shigeki Tanaka wins the Boston marathon in split-toe shoes

1957

First national corporate ekiden race is held

Photography: Getty, Adharanand Finn, Isano, t-mizo



03

01/ Teams of cheerleaders raise the volume

02/ Spectators study the runners' form

03/ Natsuki Terada feels the emotion at the end of the race

04/ Many of the runners are still in their teens

the line in first place, he is all smiles as he's mobbed by teammates. By winning the stage he doesn't need to show how much he has tried. But every runner after him puts on a bigger display of pained effort. The further back in the field, the more the drama increases, with the last few runners collapsing and refusing to be dragged back to their feet, pleading to be left at the side of the road.

Expressions of emotion are rarely on public display in Japan. And seeing this spirit, with the whole country also watching, feels like stealing a glimpse into the collective soul of Japan: the raw emotions, the companionship, the drama. I feel almost uncomfortable watching, as if I've gatecrashed a family occasion.

RUNNING NATION

Because the biggest races are all ekidens and all take place in Japan, it's little known that the Japanese are very good at distance running. While they may not quite match the top Kenyans and Ethiopians, they far outpace everyone else in the world. Consider this year's National University Half Marathon Championships – incredibly, 265 runners finished in under 66 minutes. In one race. In the whole of 2014, only 25 British men managed to run that fast.

I went to Japan partly looking to understand why they run such fast times. What is it about the Japanese system that produces such stunning results? In many ways the answer was simple: because running is taken extremely seriously.

In Japan, running is firstly a sport and only secondly a mass-participation activity. While recreational running is as popular as it is in the UK, elite running is a much bigger deal in Japan. At major marathons, most spectators walk around with portable TVs or radios, following the action at the front. Such scenes are rare in the UK, where most spectators are looking out for friends or are there to cheer everyone on, and have only a passing interest in the leaders.

Big Japanese races are on prime-time TV and the runners are big stars. The top Hakone runners have to get used to female fans swooning, and to crowds demanding autographs. The popularity of ekiden supports a system of professional teams, who hire upcoming athletes, pay them well and look after them. So not only do the top Japanese runners have more time to train, they also have strong support teams of physios, nutritionists, coaches, masseurs etc. And they have the incentive

04



> and encouragement to become professional. In the UK, for all but the very top athletes, the life of a distance runner is a struggle. They have to fit training around jobs and other commitments. They don't have ready-made groups of top athletes to train with. As a result, many talented British runners give up the sport, or at least dedicate less time and energy to it than the top Japanese runners.

Yet the more time I spent in Japan, understanding the system and seeing the obsession, the more my attention turned away from the question of why are they're so good, to why are they not *better*? Why can't they beat the top Kenyans and Ethiopians?

It was a Kenyan runner living in Japan who first posed the question to me. Many top teams in Japan employ Kenyan and Ethiopian runners, and I was talking to him after he had won his leg at an ekiden in Kyushu, in the southwest of Japan. He said he was

WHY CAN'T THEY BEAT THE TOP KENYANS?

amazed by the fervour for running in Japan. 'People here love running, much more even than in Kenya,' he said. Then he added, 'If the Japanese trained like in Kenya, all the world records would come from Japan.'

It was quite a statement. I thought about my own training in Japan's amateur ranks. I'd joined a team, Blooming, whose members did ekidens, marathons, half marathons and 10Ks. In many ways it was similar to a UK running club, but I noticed a prevailing fear of appearing overconfident. It exists in the UK, too, where, on the start line, people are more likely to say how underprepared they are than to admit to being in top shape. But in Japan, it's more extreme. Even wearing running shorts and a singlet on the start line is considered cocky. When I wore a vest at one race, a Japanese friend looked surprised and said, 'Oh, serious runner!'

Then, when it was time to start, I found myself standing 10 metres ahead of everyone because nobody wanted to be so presumptuous as to stand at the front. In deference to everyone else, they all stood back from the line. In the professional ranks, bold statements and taking unnecessary risks, even if they end up helping your team, are also frowned upon.

This was clearly illustrated when I watched the Japanese women's national 10,000m final in Tokyo. The field was made up of two Kenyans and about 20 Japanese runners. The Kenyans raced off from the gun and within a few laps had a huge lead. Were they that much better? The answer was no. In the second half of the race, the gap closed as the more even-paced Japanese runners began to reel the leaders in. The Kenyans were almost caught on the final lap, but they held on.

Later I met the manager of the fourth-placed runner, who was thrilled with her performance. When I asked him about the Kenyans' tactics, he laughed: 'That is not the Japanese way. The Japanese way is even pace.' I know from experience that starting too fast brings the risk of crashing and burning, but his words reminded me of something marathon coach Renato Canova once said to me: 'To win a big race, you need to be a little wild, not an accountant.' He meant take risks, forget the watch occasionally.

THE TRAIN DRAIN

In the few ekidens I ran, I noticed an interesting dynamic. While being part of a team can push you to greater efforts, it also teaches you caution. You don't want to ruin everyone else's effort by racing too hard and blowing up. Better to do well than to risk disaster attempting to do brilliantly.

One former star runner told me that the belief in controlled running is so prevalent in Japan that he once got in trouble with his coach for blasting off too fast at the beginning of an ekiden leg, even though he won.

When you look at races such as those Half Marathon Championships, where so many finished in under 1:06, you begin to wonder why the winner only ran 1:02:11. While that's fast, it wouldn't scare the top Kenyans. Is this pervading sense of caution holding back the very top Japanese runners? Or is something else?



05



06

The Kenyan runner I spoke to didn't talk about mindset; instead he complained that the Japanese train too hard. We Brits tend to share the belief that success comes from hard work, but one of the most overlooked facets of running is rest. The Kenyans are champions at resting. When I asked top British runners who were training in Kenya what the biggest difference in the two training regimes was, they replied unanimously and without hesitation: 'Rest.'

In Japan, they take hard work to extremes. And not just in running. According to a recent study by the US National Sleep Foundation, Japanese workers get less sleep than workers anywhere else in the world. Shige Yamauchi – who coached Britain's second-fastest female marathon runner, Mara Yamauchi – believes the extreme Japanese work ethic causes problems in running, as it's important to train intelligently and not always harder. 'In Japan, there is often a clash

Photography Getty, Adharanand Finn, Isano

1965

Ten of the top 11 marathon times are run by Japanese men

1986

Toshihiko Seko wins the London and Chicago marathons

1987

Hiromi Taniguchi wins the London Marathon. Seko wins Boston

1991

Taniguchi wins the marathon in the Tokyo World Champs

2000

Naoko Takahashi wins the women's Sydney Olympic marathon

2004

Mizuki Noguchi wins the women's Athens Olympic marathon



by every East African runner I encountered in Japan: 'All the training is on concrete.' Although there's a separate trail-running community in Japan, among the professional, university and amateur ekiden teams there's a reluctance to train on anything but pavements and roads.

I regularly trained with my Blooming team on the road that surrounds Osaka Castle. Right next to it is a gravel trail. Yet I never saw anybody running it. When I did, people thought I was strange. Constantly pounding concrete can take a toll on your body while all the changes in balance and position required to run on uneven ground give your body a more all-round, strengthening workout.


When I suggested to one coach that he take his Kyoto university team to train in the mountains surrounding the city, he was amazed. 'I'd be sacked!' he told me. His fear of running trails was the risk that one of his athletes may get injured, so instead they stuck to the concrete – and got injured from that instead.

BOLD MOVES

Paradoxically, in such a risk-averse culture, part of the reason that Hakone is the biggest ekiden of all is the more cavalier approach taken by the university runners. In the corporate ekidens, the runners are so good at judging pace, and take so few risks, that the races are less exciting. But these uni students are still raw, less schooled in 'the Japanese way'.

The boldness with which the first-leg Hakone runners I watched started suggests not everyone is afraid of a fast pace, although the fact that the entire field went out so fast made it easier. Nobody had to make a bold solo move, to risk being the nail that stuck out.

I spent two days glued to the race, watching the effort and drama etched into the face of every runner and fan. When the winning team crossed the line back in central Tokyo, people all around me were crying. 'It is so moving,' was all one woman could say when I asked why she was in tears.

I left Tokyo feeling I had witnessed one of the greatest races on earth. It seemed to elevate running to a different level, where it became not simply a race, but a blood-and-thunder sport. It was like nothing I've ever witnessed. Yet almost nobody outside Japan knows ekiden exists. With so much enthusiasm already surrounding the race, there is no need, or seemingly little motivation, to export it. And so what might just be the greatest running race on the planet remains, for now, Japan's secret. 

05/ The coach and winning team of this year's Hakone ekiden

06/ Spectators show their appreciation as a runner passes

07/ Day two: the tenth and final runner sprints for the finish line

07 between science and the concept of hard work,' he says. 'Because it is conceptual – this idea that to achieve success you must work hard – it has to be removed from science. For it to work, you mustn't question why am I doing this. You must just accept it.' But sometimes it is better to do less. Always doing more can be ineffective and can lead to injuries and burnout.

The Kenyan I spoke to in Kyushu had another complaint, one shared

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Coach

REACH YOUR PERSONAL BEST

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The right move

Focused cross-training will make you fast and flexible

p78

Ground work

Training on sand and trails can seriously boost your fitness

p80

Eat and run

The key to weight loss? Fuel well and run a lot

p82

Take steps

How to protect your lower legs from injury

THIS MONTH'S EXPERT PANEL



JASON FITZGERALD

Coach and author of *101 Simple Ways to be a Better Runner*. **p76**



SAGE ROUNTREE

Running coach and author of *Runner's Guide to Yoga*. **p77**



ALEX HUTCHINSON

The former elite athlete is now an author on exercise science. **p78**



LIZ APPLGATE

Director of sports nutrition at the University of California. **p80**



JORDAN METZL

Sports doctor, runner and author of *Running Strong* (Rodale). **p82**



JO PAVEY

The European 10,000m champion has competed at four Olympics. **p87**

SHARP ATTACK

Get faster, leaner and more flexible by adding the right cross-training to your weekly routine

Sometimes it's what you do when you're not running that gives you the edge you need. So it is with cross-training. A weekly non-running workout gives your muscles and joints a break while producing benefits that carry over to your running. 'If you only run, you're using the same muscles within the same plane of motion over and over,' says Shannon Colavecchio, who trains runners in cycling, rowing and core-strengthening classes. 'Using different muscles and movement patterns can help prevent injuries and also build speed and endurance.' While you can get a good cross-training workout from many activities, some are particularly useful in helping you achieve running goals. Here are the best cross-training/running pair-ups.



TO TRAIN HARD

TRY POOL RUNNING

If you have an ambitious goal, you might want to do extra miles. But you could risk injury if you tackle too much. Jason Fitzgerald, head coach at Strengthrunning.com and a 2:39 marathoner, says pool running is a great option. 'It's the exercise that mimics road running the best; you're working the same muscles, without the impact.' Studies show that as long as you keep your heart rate up, pool running is an effective substitute for dry-land running.

HOW Wear a pool belt to help keep you afloat. Run as you would on the road, keeping good posture while pumping your arms and keeping a high cadence. (Slow strides could cause you to over-extend your legs, which may irritate your hamstrings.) Do it once a week for 45 minutes to an hour. You can pool run at a steady pace, or try short sprints (go fast for 15-30 seconds, recover, repeat) and long sprints (moderate effort for 5-10 minutes, recover, repeat).



TO PREP FOR A HILLY RACE

TRY CYCLING

'Cycling builds muscle endurance and powerful quads, hamstrings and glutes – muscles runners need for hill climbing,' says Colavecchio. 'Runners who do hill climbing on the bike will see the benefits on foot: they'll have an easier time conquering hills.'

HOW To get the most out of an outdoor-cycling workout, try to find rolling terrain where you can power up an incline, pedal fast when it flattens and charge up another hilly section.

Colavecchio says that a spin class or stationary bike is also a good option, since it allows you to better control your workout – and not coast on downhills too much. Create your own ride: after a warm-up, do six sets of three minutes at hard resistance with a minute of light resistance in between. Finish with two minutes of a fast pace at medium resistance to simulate the end of a race, when your legs are hurting but you need to finish strong.



TO NAIL A PB

TRY WEIGHTS

There's no true substitute for running speedwork, but strength training can help you reach your goal. It builds leg power, which carries over to faster running times. Any strength work is useful but lifting weights that really challenge you has great value: one study showed that runners who lifted heavy versus light weights improved their performance in a 5K race. And you'll get out of the gym faster. 'You're doing fewer reps, but getting more benefit; it's a better

bang for your buck,' says Mike Young, founder of Athletic Lab, a research and training facility in North Carolina, US. **HOW** If you are new to resistance training, start with a light weight, one that allows you to comfortably do about 12 reps of your chosen exercise. Gradually increase the weight and reduce reps over time (while maintaining good form). Your ultimate goal is to pick a weight that makes it a challenge to do six reps.



TO FINISH STRONG

TRY ROWING

In the last miles of a long run, many runners can't stay upright. Hunching over causes you to breathe more shallowly, which can decrease how much oxygen you take in. Using a rowing machine can help your posture. 'You're getting a great cardio workout and strengthening your legs; rowing is like doing leg presses over and over, and that all carries over to improved endurance running,' says Colavecchio. 'Rowing also strengthens your core, back and arms.'


Building strength in those muscles can help you keep posture and form.' **HOW** Coach and strength specialist Will Kiousis recommends the following rowing-interval workout: do a five-minute warm-up, going from an easy to a moderate effort; eight minutes of alternating 20 seconds at intense effort and 10 seconds at easy effort; two minutes easy effort. Do the eight-minute set twice more, then finish with a five-minute cool-down.



TO GET FLEXIBLE

TRY YOGA

You might have the ability to run fast or long. But reaching down to tie your shoelaces from a standing position? Without groaning? Now that's often a different story. Runners need enough flexibility to be able to move fluidly through a proper range of motion, says Sage Rountree, yoga instructor, triathlon coach and the author of *The Runner's Guide to Yoga* (Velopress). 'Stiffness in your hips can shorten your stride and limit your

speed,' she says. 'And tightness in a specific muscle can cause gait modifications that can lead to injury.' **HOW** Find a style that's appropriate for your level of experience and works well with your training schedule. During a period of demanding running, opt for a more relaxing yoga practice, like hatha, says Rountree. But in the off-season, when your mileage is less intense, you could do a more challenging session, such as ashtanga. 

TIME TO BREAK

How switching some of your quality workouts to trails and sand will build your

SAND

Percy Cerutti, coach of Australia's 1960 Olympic 1500m winner Herb Elliott, favoured sand-dune workouts for building speed, strength and endurance. At Cerutti's seaside base, Elliott would sprint up a dune as many as 50 times in a row. The result: he retired never having lost a mile or 1500m race. Many runners have used dune workouts since then, including Steve Ovett (who ran at Merthyr Mawr, on the coast of Wales) and American 5K record holder Molly Huddle, who tested herself on the shores of Lake Michigan, in the northern US.

THE BENEFITS

► Running on loose, dry sand takes 20-60 per cent more energy than running on grass. Plus, soft sand absorbs some of the energy from your foot strike instead of pushing you forward, and forces you to activate more muscles in your lower leg to stay upright. The result is levels of lactate – a marker of anaerobic fatigue – that spike two or three times higher than on firm surfaces. One study found athletes improved VO_2 max by 10 per cent after eight weeks of sand workouts twice a week,

compared with just six per cent for those doing the same workouts on grass. Loose sand's other perk is its low impact forces, which result in less muscle damage. And physiology aside, the best reason to hit the dunes is that it will give you a mental-toughness workout.

THE WORKOUTS

► Cerutti used three key dune circuits for workouts. The short circuit was a steep climb of just 25m, but with a 60-degree incline. To replicate this, try 10 reps of a hill that takes about 15 seconds to climb; walk or jog down for recovery, taking enough time that you're ready to sprint hard again on the next rep. Cerutti's mid-length circuit was about 400m, finishing at the top of a steep hill. For this kind of workout, start with six reps, and take at least two minutes' recovery. Finally, the longest circuit was a rolling loop of just over a mile up and down the dunes. Start with three

reps and take three minutes' recovery. If you have regular access to dunes, include a hill workout once a week during base training. If you have to travel to get to dunes, make the effort worth your while; pick a medium-length incline that takes 45-90 seconds to climb, to strike a balance between strength and endurance. See how many reps you can do (then take a few days to recover).

CAVEATS

► It's hard to maintain good form when your feet keep sliding backwards. For a

more powerful stride, push hard off your back foot (even though it's slipping) rather than reaching forward with your front. The soft surface may put extra strain on your Achilles tendon, so avoid sand workouts if you have a history of Achilles problems and stop if you feel calf pain. The other big issue to consider is whether to wear shoes, and there's no right answer. If you leave them on, wear tall socks to keep sand out. If you take them off, your foot and ankle muscles will work extra hard, so keep the first few workouts short.

Learning to run fast on uneven terrain has benefits that will translate to any surface



NEW GROUND

stamina, strength, balance and mental toughness, and get you ready to race hard

TRAIL

Runners usually think of trails as a nice place for an easy run – soft surfaces, birdsong and so on – and reserve hard workouts for the track or the roads. After all, how are you supposed to hit your goal pace with all those rocks and roots? But what doesn't trip you makes you stronger: learning to run fast on uneven terrain has benefits that will translate to any surface. You'll build power, improve balance and hone your inner sense of pace – not to mention your mental strength.

STAY ACCOUNTABLE

► Moving an interval workout from the track (pace-based) to the trail (time- and effort-based) can offer a mental break, but don't let such workouts become too easy. Every other week, do a series of out-and-back repeats (try 6x3 minutes with 90 seconds' rest). Pick a starting point and mark it; run hard for three minutes, then mark your end point. Rest, then run back, trying to make it past the point where you began; mark this new spot. Try to push farther each time.

WORK THE CLUTCH

► To maintain a quick pace on trails, where sharp turns and other obstacles break your rhythm, avoid slowing down until the last moment and speed up again as soon as you can. Refine these acceleration and deceleration skills by running pace-change sprints after an easy run once a week. Find a field or path about 100m long and divide it by marking spots at

the 30m and 70m point. Run medium-hard for the first section, hard for the second section, and medium-hard for the third section; walk back. Then run hard/medium-hard/hard. Do six in total and focus on shifting gears precisely when you pass the marker.

GO SIDEWAYS

► Runners are great at going forward but they're not so good at moving side to side – that's a problem when you're navigating switchbacks. Work on your strength, balance and range of motion by including some drills after your run twice a week. Try sideways skipping for 20-30m in both directions, 10 reps each of sideways lunges and lateral hops (jumping side to side on one foot at a time), and balancing on one foot for 20 seconds at a time. Strengthening these muscles and ingraining these movement patterns will enable you to flow around obstacles with ease.

SCOUT THE COURSE

► Racing on trails puts your skills to the test. You can pace yourself well only if you know what to expect. Run the course in advance, if possible, or study the course map to be familiar with the terrain. It can be difficult to pass others on single-track trails, so work out where choke points will occur. If you're feeling good, surge about a half mile before bottlenecks. And even if you're not feeling too good, surge anyway – in a trail race, sometimes a change of rhythm is exactly what you need. **RW**

Words Alex Hutchinson Photography Kat Piskolek for Hearst Studios

EAT, RUN, SLIM

New weight-loss research says you should stop dieting – and start eating and running more

If you're a runner who's struggled to lose weight, blame your genes – prehistoric genes, that is. Thousands of years ago – even as recently as several decades ago – humans spent much of their days doing hard, physical work that burned lots of energy. Our ancestors fuelled all that labour with a diet rich in whole foods loaded with fibre, phytonutrients and live bacteria (not processed foods). When food became scarce, their bodies kicked into survival mode by slowing their metabolism, storing more calories as body fat and becoming more efficient at metabolic and physical activities. Unfortunately for modern humans, who generally do far less physical labour, the same happens today: when we cut large amounts of calories from our diet (which is how many runners approach weight loss), our bodies react by becoming more efficient – potentially burning fewer calories. In short, our physiology is designed to hold on to pounds – not lose them.

So what's a runner who wants to slim down

to do? More and more studies, including a review published in 2013 in *US Endocrinology*, show that the key to losing weight is keeping your calorie burn high through plenty of daily exercise and physical activity, and eating quality calories to fuel that activity. Whole, minimally processed foods supply the energy you need while helping to regulate appetite and reduce hunger levels, which will spur weight loss. Obesity researchers call this maintaining a 'high energy flux'. That means that runners should aim to burn a lot of calories while also eating a lot of healthy foods. Here's how you can amp up your 'energy flux' and kick your weight loss into high gear.



01 \ EAT MORE BACTERIA

There are thousands of bacteria strains in your intestines. (See *The gut, the bad and the ugly*, p50.) A 2013 study review found certain strains influence obesity – some affect the amount of energy extracted from food. One strain, bifidobacteria, aids in weight loss and lessens symptoms related to obesity, such as a rise in inflammatory markers. Cultured milk products, such as kefir, yoghurt and cheese, are rich in bifidobacteria.

SLIM DOWN
Aim for one serving of cultured dairy (and other probiotic foods, such as miso and tempeh) every day.



02 \ GO NATURAL

Whole, natural foods, such as vegetables, fruits, beans and whole grains are high in fibre. They take up volume in your stomach and help you feel full for longer. Soluble fibre (beans, oats, fruit) slows the stomach-emptying process and stabilises blood sugar, keeping hunger at bay. High-fibre foods also contain prebiotics – the special starches that serve as food for the healthy bacteria, in your GI tract.

SLIM DOWN
Eat at least three servings of vegetables and three pieces of fruit daily, and add fibre-rich sweet potatoes, beans and whole grains to your diet.

Words Liz Applegate Photography Mitch Mandel





03 \ BURN CALORIES EATING

Studies show that capsaicin, a compound in hot chilli peppers, may help boost calorie burning, reduce appetite and aid in weight control. That makes peppers (fresh or dried), pepper flakes or chilli powder a smart addition to your diet. Green tea, which has special polyphenols called catechins, may also help boost calorie burning and reduce hunger levels.

SLIM DOWN

Swap your second cup of coffee for green tea. Add a sprinkle of red pepper flakes to soups and pasta sauce.



04 \ DOWNSIZE YOUR PLATE

A new study from Cornell University, US, shows that 92 per cent of people eat everything on their plates. That's not so bad when you're eating salads, but could mean calorie overload when it comes to ice cream, chips and other indulgent foods. Don't deny yourself these treats; just trick yourself a bit by modifying what you see.

SLIM DOWN

Serve crisps in a small bowl (rather than out of the family-size bag) and use smaller serving utensils and plates, which will make your reduced portions appear larger.



05 \ SWITCH UP WORKOUTS

Keep up your running mileage, but toss in some new activities, too. Doing so will work muscles that are often neglected by runners and will also create adaptive changes on a microscopic level, such as building new muscle proteins and cellular compartments that help burn more calories. It will also ensure you don't become bored doing the same old running routes and nothing else.

SLIM DOWN


Wintery or wet conditions have you stuck inside? Now's the perfect time to try swimming or an indoor boot camp class.



06 \ BOOST 'EXTRA' ACTIVITY

Exercise isn't the only way to burn calories. Everyday tasks such as walking, standing and cleaning can have a big impact on your total calorie burn and tip the weight-loss balance in your favour. Look around your work and home environments for ways you can make yourself more active.

SLIM DOWN

Don't sit for more than 30 minutes at a stretch – set a timer to remind you to get up. Watch TV while standing up and folding laundry. If your employer offers it, get a standing desk at work, and take the stairs more often. 

SIDESTEP LEG PAIN

How to treat and prevent the most common lower leg injuries, by sports doctor **Jordan Metz**

It's no surprise that lower leg pain is a common complaint among the runners I treat, given the key role these muscles, tendons and bones play in running. The calf and Achilles tendon work together to generate the force that pushes you off the ground with each step, while the shin bone helps to absorb and dissipate the impact of every footfall. When these areas are weak, tight or overworked, they become vulnerable to injury. Here's what to watch for and how you can keep your legs in top shape.

1

CALF STRAIN

What's going on?

This occurs when tight or weak gastrocnemius or soleus muscles aren't ready for the explosive effort required to push your body off the ground.

TREAT IT

- ▶ Don't run.
- ▶ Ice the area for 15 minutes five times a day.
- ▶ Wear a compression sleeve for the first 48 hours post-injury.
- ▶ Elevate your lower leg above your hip during the first 48 hours.
- ▶ Anti-inflammatory medicine could help.
- ▶ If symptoms don't improve, go to your doctor.

PREVENT IT

- ▶ Foam-roll and stretch your calves daily.
- ▶ Strength-train (see p85).

WHERE DOES IT HURT?

Discomfort in your calf – anything from a twinge to a blast of sharp pain.

DIAGNOSIS CALF STRAIN (1)

2

TREAT IT

- ▶ Reduce mileage and cross-train.
- ▶ Apply ice for 15 minutes five times a day.
- ▶ Consider arch supports.
- ▶ If rest doesn't work, stop running and see a doctor to rule out a stress fracture (see #4).

PREVENT IT

- ▶ Increase mileage gradually.
- ▶ Work on your glutes and core to reduce the load on your shins.
- ▶ Shorten your stride.
- ▶ Get enough calcium and vitamin D.

SHIN SPLINTS

What's going on?

Different types of shin pain all fall under this catch-all term. Most shin splints occur when there is more stress on the tibia than it can handle.



3

ACHILLES TENDINITIS

What's going on?

Overuse injury from ramping up mileage or intensity too quickly. Weak or tight calves increase the risk.

TREAT IT

- ▶ Don't run. Swim, ride or try pool running.
- ▶ Ice the area for 15 minutes five times a day.
- ▶ Foam-roll and strength-train your calves (see p85).
- ▶ See a doctor if there's a lump in the tendon (this is a sign of a calf tear).

PREVENT IT

- ▶ Do plyometrics (see p85).
- ▶ Foam-roll calves daily.
- ▶ Increase mileage gradually.

WHERE DOES IT HURT?

Tenderness along your shin.

DIAGNOSIS SHIN SPLINTS (2) OR STRESS FRACTURE (4)

4

STRESS FRACTURE

What's going on?

Develops when the demand on the bone exceeds its ability to withstand the force.

TREAT IT

- ▶ Get medical care.
- ▶ Rest and stay off the leg as much as you can.
- ▶ Get enough calcium and vitamin D.

PREVENT IT

- ▶ Increase mileage gradually.
- ▶ Make sure you are wearing the right running shoes.
- ▶ Strength-train, targeting your glutes and core.
- ▶ Shorten your stride and increase your cadence to put less stress on your shins.

WHERE DOES IT HURT?

Mild-to-severe soreness along the Achilles tendon.

DIAGNOSIS ACHILLES TENDINITIS (3)

WIN!

WHAT DOES RUNNING MEAN TO YOU?

Here at *Runner's World* we love to hear about your running experiences and how running and fitness fit into your life.

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Prize is nontransferable and no cash equivalent is available. Winner must accept or reject the prize within 7 days of the closing date of the competition. The prize comprises 3 nights' accommodation for 2 at The Almyra Hotel on a half-board basis, plus race entry to the 2016 Cyprus Marathon and an allowance of £300 towards flights. The winner is responsible for any

hotel incidentals not outlined in the prize package. Specialist sports travel insurance is not included, but recommended, and the winner must ensure they are compliant to travel to Cyprus in accordance with the entry requirements into Cyprus. Please see the website for more details. The winner will be selected randomly after the closing date of 31 October.





STRONG POINTS

Jordan Metzl's simple strength plan will keep your shins, calves and Achilles healthy

You love running. And when your sport of choice involves the great outdoors, fresh air and cruising down the road, you don't want to be stuck inside doing strength exercises. I get that. I'm a runner, too. But I also want to run for the rest of my life. So I strength-train two or three times a week. Running can create muscle imbalances or

accentuate existing ones. Weak calves, for example, can put too much stress on the Achilles and break down the fibres that make up the tendon. Unstable hip and core muscles hurt your biomechanics and overload your shins, which can lead to shin splints and stress fractures. Do these exercises twice a week – daily if you've had shin, calf or Achilles issues in the past.

PLYOMETRIC LUNGES

Lunge forward with your right foot and left arm until the shin of your back leg is parallel to the floor and your knee almost touches the ground. Push up off the ground in an explosive manner, and switch your legs in mid-air so you land in a lunge with your left leg forward. Left and right lunges count as one rep. Do three sets of 15 reps.



For a video demonstration of this routine, go to runnersworld.co.uk/legwork



STRAIGHT-LEG CALF RAISE

Stand on a step, with a dumbbell in your right hand. Cross your left foot behind your right ankle. Balance on the ball of your right foot. Lift your right heel, pause, then lower. Do three sets of 15 reps on each side.



BENT-KNEE CALF RAISE

Follow the instructions above, but bend the knee of your balancing leg as you raise and lower your body. Do three sets of 15 reps on each side.




ECCENTRIC CALF RAISES

Stand on a step, heels hanging off the edge. Push yourself up on your toes. Then very slowly (to a count of 10) drop your heels below the level of the step. Do three sets of 15 reps.



FARMER'S WALK ON TOES

Hold heavy dumbbells at your sides. Rise up on your toes and walk forward for 60 seconds. If you feel you could've gone longer than that, increase the weight. Do three sets. 

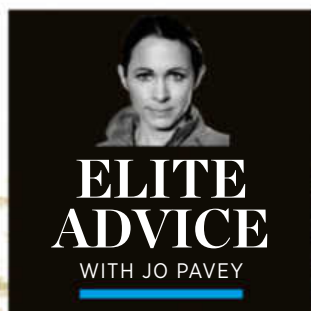
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UPWARD MOBILITY
It's not easy, but hill
running is worth it

Q Is running with a high cadence as important as people say?

A cadence (strides per minute) of about 180 is often cited as being the ideal for runners, but it varies according to pace – marathon pace is lower than 5K pace, for example. It's thought that if cadence is too slow, you may be more likely to get injured, as longer strides mean a slower, heavier impact and there's more chance of overstriding. Effective cadence needs to be coupled with strong leg power for good form and efficiency – a quick, shuffling cadence won't get you anywhere fast.

I don't give much thought to my cadence, though I feel it changing at certain speeds. I suppose it could be worth analysing yours if you feel it's affecting your performance or that it could be contributing to injury problems. Fast-feet drills can help build cadence.

Q What is the minimum number of weekly runs I can do if training for a marathon?

Four runs a week could be considered, but you may not give your best performance and the sessions you do will all need to have a purpose. Try a long run, a tempo run, a recovery run and an interval session. Build the long run up to 18-20 miles, the tempo run from 30-60 minutes and the recovery run from 45-50 minutes. For an experienced runner the interval session could be 10x3 minutes, with one minute of recovery, or 5x6 minutes, with two minutes' recovery. If you're a beginner, too much specific running in one week would risk injury. If this is you, concentrate on general steady running and building up your longer run. Then progress to adding tempo running or interval work once a week.

Email your training, racing and running queries to rwedit@runnersworld.co.uk with the subject 'Elite Advice'. *

WORKOUT SPEED- BUILDING HILL SESSION

This session is great for working on your speed. The last hill forces you to dig deep when you're fatigued. It is also a useful longer rep for endurance. You need to find a hill that takes three minutes or longer to run up. If you can't find one long enough, just do the length that's possible, or finish on the flat if you run out of hill.

5x1 min hill with
jog recovery
between each

Recovery: 3 mins

5x45 secs hill with
jog recovery

Recovery: 3 mins

3x30 secs hill with
jog recovery

Recovery: 3 mins

3 mins hill with
acceleration in the
last 30 secs

Q Will hill runs make me faster in flat races?

Absolutely. They're a great way of developing leg strength and power in a dynamic way. Stronger legs allow more force to be generated by each stride. Speed requires good running technique and to run uphill effectively you must use your muscles in a very coordinated way. Speed also requires a quick cadence, which is encouraged by hill running. Some runners use downhill

running to improve their cadence but this can pose a high risk of injury. Increases in your dynamic leg strength will help make your muscles more resistant to fatigue, and improvements in form will enhance your running economy. That said, although hill work will help boost your speed, it is still important to carry out some speed sessions on the flat.

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ARE
FABULOUS!



YOU'RE OUR FAVOURITE

Every runner on our team at the **2016 Brighton Marathon** will help us beat cancer sooner.

Join us by the seaside on **Sunday 17 April 2016** and help bring forward the day all cancers are cured.

We'll even give you a place for free when you pledge to raise a minimum of £550 in sponsorship.

JOIN OUR TEAM

cruk.org/brighton-marathon



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103).



CANCER
RESEARCH
UK

RUNNER'S

Shoe Guide

Autumn/Winter



YOU CAN BUY ALL THE FANCY BITS OF KIT YOU WANT, BUT IF YOU'RE NOT WEARING THE SHOES THAT ARE BEST FOR YOU, YOU WON'T BE THE RUNNER YOU WANT TO BE. FOR OUR AUTUMN/WINTER SHOE GUIDE WE TESTED 18 PAIRS SO YOU CAN MAKE THE RIGHT CHOICE

RW Shoe finder

The Shoe Finder helps you pinpoint suitable models based on your running history and other shoes you like. For more details on fit and performance, see our reviews on the following pages.

START
HERE

Do you know the type of shoe that works well for your size, stride and preferred ride?

YES

Proceed directly to the grid below. Shoes are arranged in terms of cushioning, weight, sole height, flexibility and stability features as measured in the RW Shoe Lab. You'll find lighter, less-supportive shoes in the bottom left and highly cushioned, more stable shoes in the top right. Shoes in the middle provide a balance of performance and protection features and can work well for many runners.

NO

Put yourself into a runner group using the Runner Group table on the right. When you've arrived at a colour-coded group on the bottom of the table, locate it on the grid below. Shoes in that encircled group tend to work well for runners like you. Start with shoes well within your group, but feel free to consider models along the border or in a neighbouring group.

SHOE AWARD CATEGORIES



Editor's choice
The best shoe, regardless of price or category



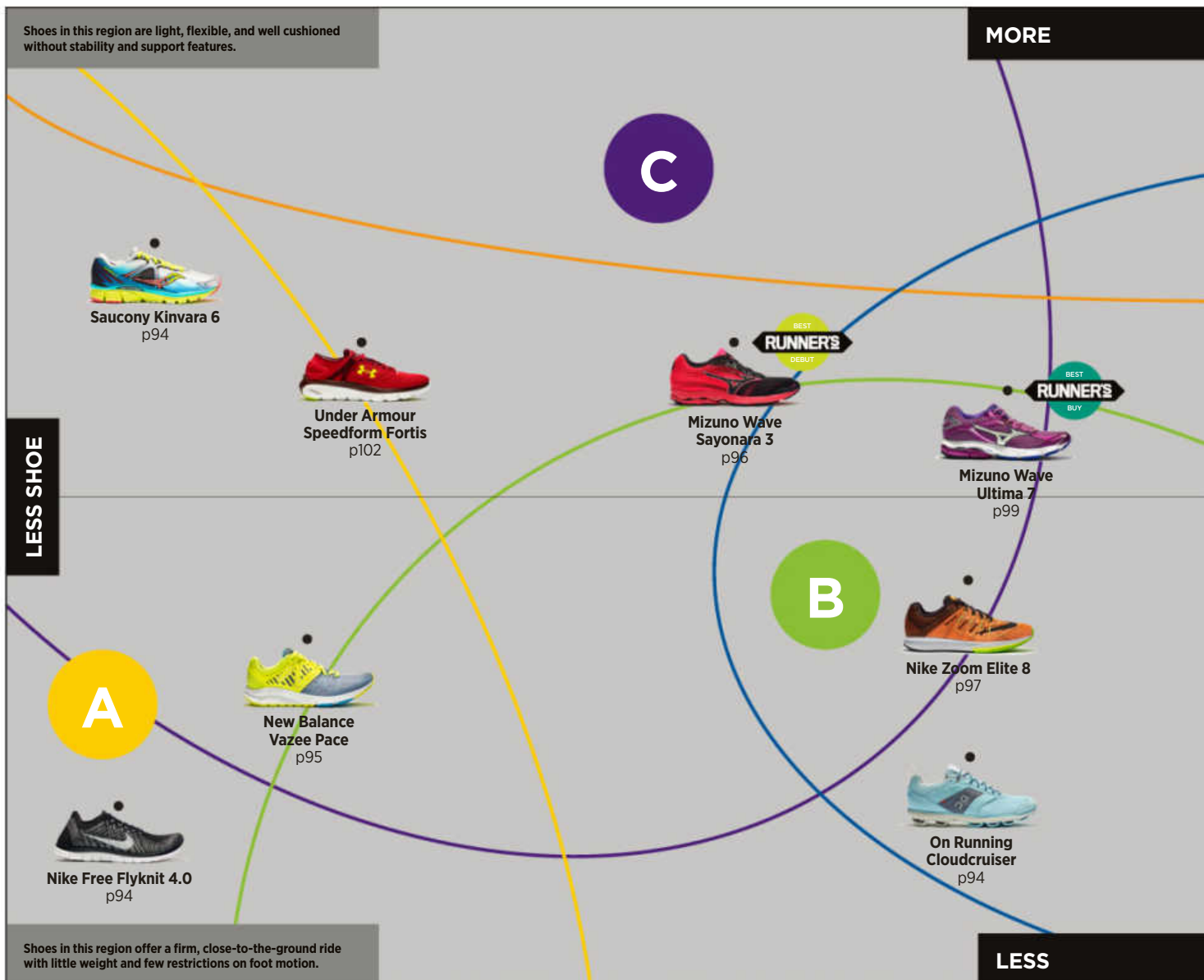
Best update
The best new version of an existing model



Best debut
The best new shoe tested



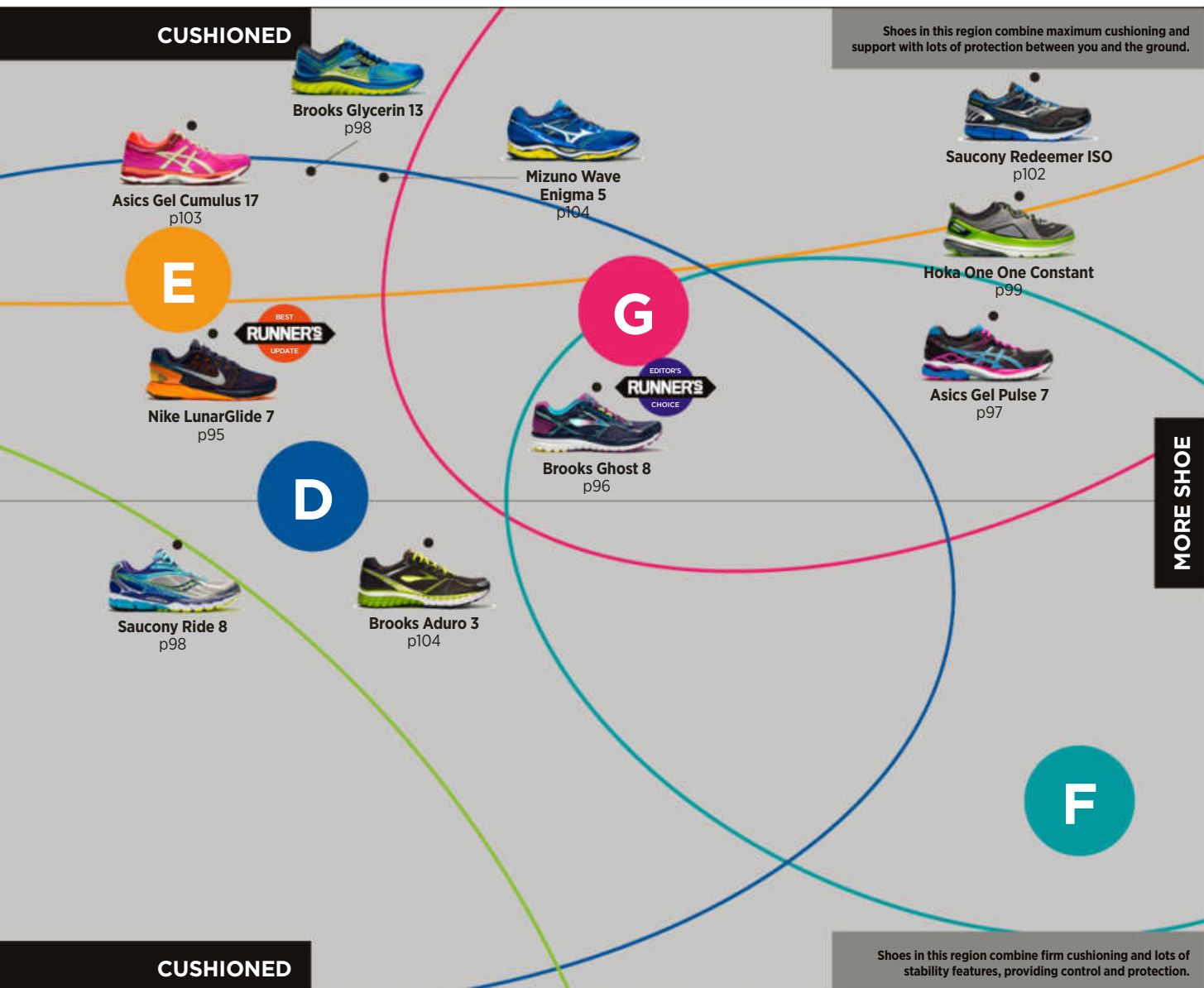
Best buy
The best value option for those on a budget



RUNNER GROUPS

We analysed data from more than three million users of the RW Online Shoe Finder to sort runners into seven groups. Runners in each group have similar shoe needs based on a few key variables.

BODY SIZE Body Mass Index is calculated from your weight and height, and offers a fairly reliable indication of body type. BMI = Weight (pounds) / (Height [inches]) ² x 703. Or use the calculator at runnersworld.co.uk/bmi . Generally, the higher your BMI, the more shoe you need.	BMI < 23 Examples: Under 160 lbs for 5'10" man Under 134 lbs for 5'4" woman				BMI 23–27 Examples: 161–188 lbs for 5'10" man 135–157 lbs for 5'4" woman				BMI > 27 Examples: Over 189 lbs for 5'10" man Over 158 lbs for 5'4" woman				
RUNNING EXPERIENCE This includes how long you've been running and how much you run. Find your level here by estimating your average miles per week over the past year. The more you run, the more efficient you tend to become and, generally, the less shoe you need.	MORE THAN 20 miles per week		FEWER THAN 20 miles per week		MORE THAN 15 miles per week		FEWER THAN 15 miles per week		MORE THAN 10 miles per week		FEWER THAN 10 miles per week		
INJURY EXPERIENCE During normal training, do you tend to develop problems in your joints, bones and connective tissue? Those with a higher incidence of injury tend to need shoes with more support. <i>Note: shoes cannot cure injuries, and the causes of problems vary greatly. If you're battling persistent injuries, you should see a medical professional.</i>	NO ▼	YES ▼	YES ▼	NO ▼	NO ▼	YES ▼	YES ▼	NO ▼	NO ▼	YES ▼	YES ▼	NO ▼	
GROUPS	A	B			C	B	D		E		D	F	G



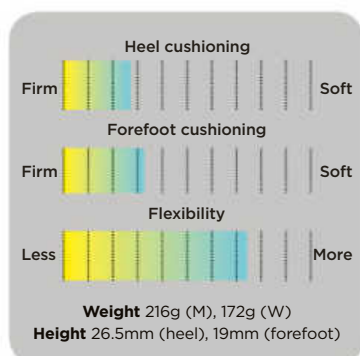


Nike Free Flyknit 4.0

£110

RW Editor Andy Dixon was one of the testers for this shoe and his summary reflects the views of others: 'A lightweight, stripped-down, flexible shoe that really just offers a line of cushioning between your foot and the floor. It doesn't intrude, correct or get in the way.' The whole Free range of shoes has had an upgrade: the previous waffle design on the outsole has been switched for a hexagonal groove pattern that allows your foot to move even more freely, while the Flyknit upper has been revamped. It's now formed of two pieces as opposed to the single-piece 'sock' of the previous version – it's less compressive but still hugs the foot securely for a personalised fit. This is a fantastic option for speed training and short races up to 10K.

Bottom line A shoe that feels like a super-speedy second skin

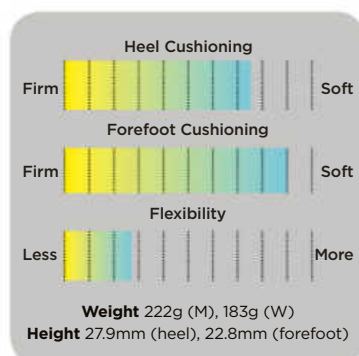


Saucony Kinvara 6

£105

Since the Kinvara was introduced it's been Saucony's bestselling shoe, and with good reason: the mix of fantastic responsiveness, quick heel-to-toe transition, superb cushioning, low weight and lateral stability have made it a firm favourite for runners of almost all shapes and sizes. Unless you're a heavy runner who needs a lot of overpronation control, the chances are this shoe will do the business, whether you're transitioning to a more stripped-down style, speed training or looking for reliability at a low weight. The only reason this wasn't in contention for an award is that we felt Saucony hadn't changed enough to justify consideration (a slightly wider mesh and a couple of repositioned overlays were the only tweaks), but it remains a fantastic shoe.

Bottom line The perfect companion for half-marathon glory

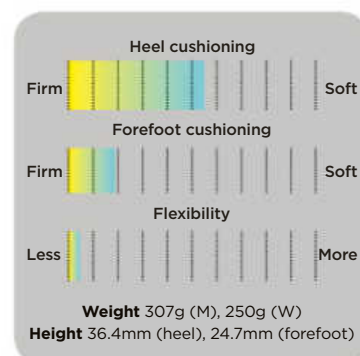


On Running Cloudcruiser

£125

This is the latest offering in On Running's range of unusual-looking shoes – the unique outsole pods are designed to squish down on impact, lock together and then spring apart to help push your foot back off the floor as you move forward. The company has paid even more attention to this feature on the Cruiser, as the shoe is designed as a long-distance training model. The level of cushioning is good and the firmness of the ride depends on your weight – the lighter you are, the more the pods will spring back and the softer the feel. One feature our testers particularly noticed was the laces – they pull the whole of the shoe's midfoot – rather than just the top section – closer around your foot, giving a snug fit without creating pressure points.

Bottom line Personalised shock absorption for everyone



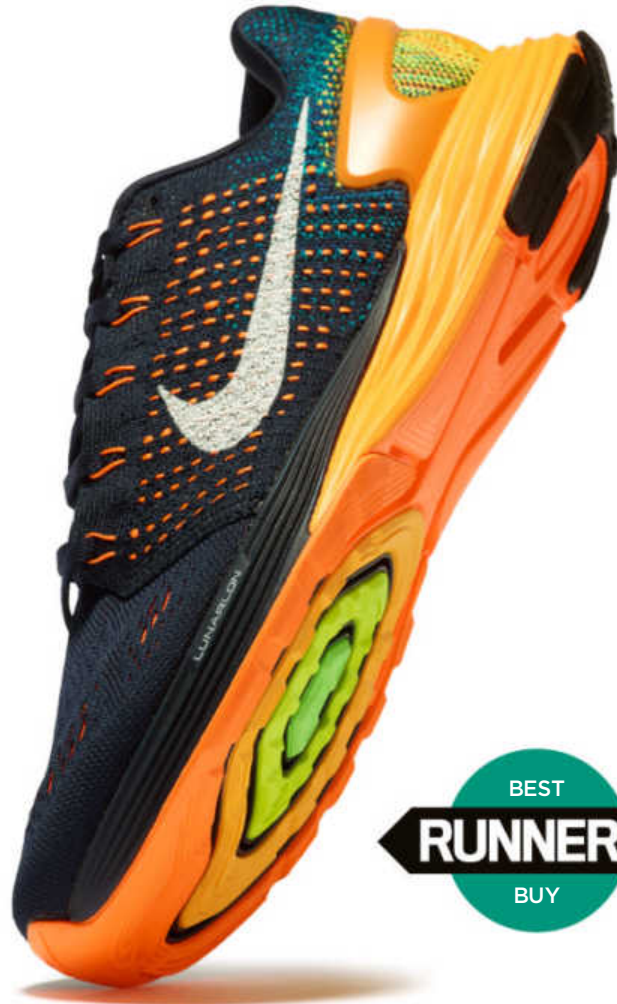
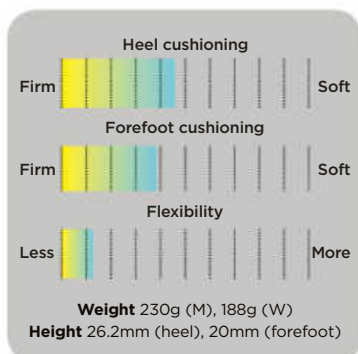


New Balance Vazee Pace

£100

If the running-shoe industry was still splitting its products into categories (a system that's increasingly obsolete as the distinguishing characteristics between models become increasingly blurred), this would definitely go in the minimalist section. It's extremely light – the heel drop is only 6mm, giving a low-to-the-ground feel, and the midsole cushioning looks like it's been stripped down. In fact, it's New Balance's Revlite foam, which gives more bounce for less weight. While the toe spring (or upturn) is quite high, the midfoot section has been stiffened a little, meaning it's suitable for speed sessions or long, steady runs. Testers loved the slim fit and heel cushioning but some thought it needed more in the forefoot, which felt thin and a little unresponsive.

Bottom line Run fast, run long or do both to your heart's content

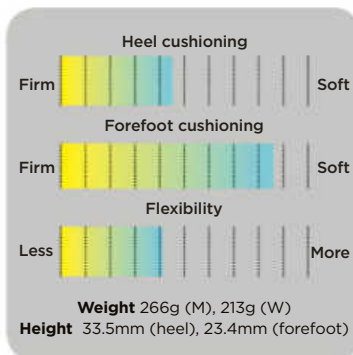


Nike LunarGlide 7

£105

It's increasingly difficult to find true value in a running shoe for under £100, but what you can do is look for bang for your buck, and this seventh version of Nike's support shoe in the Lunar range gives just that. For the first time the LunarGlide has Nike's Flyknit upper – a material made from a woven knit-look mesh to give a closer, more flexible fit. The weave is denser in some parts than others to provide support in vital areas, such as around the heel. This, coupled with five Flywire overlays in the midfoot, helps to give a personalised fit. A two-piece, dual-density support wedge in the heel gives excellent anti-pronation support – the more you overpronate the more it supports you – while the outsole has denser rubber in key strike zones for extra durability.

Bottom line Solid option for overpronators



Tester's take

Name Katherine Kendall
Age 30 **Height** 5ft 4in
Weight 8st 11lb
Weekly mileage 15
Occupation RW Brand Manager



'These shoes were comfortable, light and a lot springier than I had expected. There was a marked difference in my speed, as in the space of one month I managed three PBs over three different distances.'



Brooks Ghost 8 £110

One of the reasons this shoe won our top gong is that, apart from the superb technical capabilities, several testers noted how much they simply 'enjoyed the shoe'. All the component parts – the superb cushioning, flexible upper, snug fit, good weight and breathability – came together to provide a shoe that's just *fun* to run in. One of the biggest innovations would be quite easy to miss if you weren't looking for it: the upper has been re-engineered to be thicker and more supportive in some areas and less constrictive in others, limiting rubbing hot spots. Runners heavy and light praised the responsiveness and feel, and despite the 12mm heel drop and the extension of the crash pad along the length of the shoe, the Ghost was fast and flexible enough to be used as a multipurpose shoe.

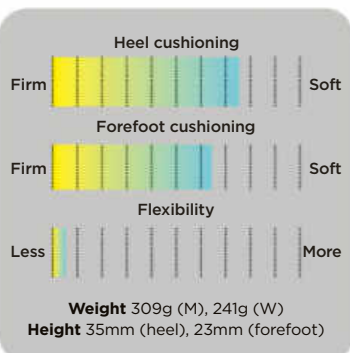
Bottom Line Stabled, cushioned, comfy

Tester's take

Name Mel Whittaker
Age 41 **Height** 5ft 4in
Weight 9st 8lb
Weekly mileage 20
Occupation Account manager



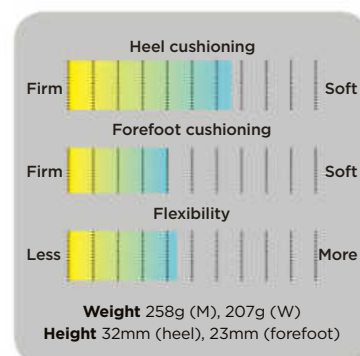
'The Brooks Ghost 8s could literally be popped on and off you went – there was no breaking-in period and no blisters. The cushioning was fantastic; a little on the firm side but with no jarring on your knees.'



Mizuno Wave Sayonara 3 £100

Opinions on this one depended on whether the tester was a lighter or heavier runner. Although it has been designed as a mass-appeal shoe that's speedy but stable, our feedback showed that smaller, lighter runners found it just a little too boxy and wide in the forefoot for their liking, while heavier runners loved the mix of low weight, responsiveness and cushioning, which they didn't think was possible for people of their build. Updates to the latest version include blown rubber in the outsole for a softer ride (although two testers noticed some degeneration after 100 miles), the mesh has been widened for greater ventilation and some overlays have been removed to cut down on weight.

Bottom line Lightweight cushioning, a great race-day option for heavier runners



Lace ready

All the technology in the world won't help if you can't secure your shoe to your foot. Here are three alternative ways of lacing for a great fit.



HEEL SLIPPAGE

If your heel moves in the shoe, try lock lacing. Lace as usual until the lace ends emerge from the eyelets second from the top. Thread them up each side and into the top eyelet towards the foot. Cross them over and feed each under the lace on the other side, then pull through the vertical section of the other side. Tie normally.



HIGH INSTEP

This relieves the pressure from the top of your foot if you have a high instep. Begin with criss-cross lacing at the bottom, and finish with it at the top – in-between, feed the laces up each side through the eyelets. Experiment with how many holes you do this with, depending on what feels comfortable.



WIDE FOREFOOT

As well as buying shoes with a slightly wider forefoot you can also thread the laces up each side of the shoe and only criss-cross near the top. Work out through trial and error which eyelets are the correct ones for you to start criss-crossing through again.

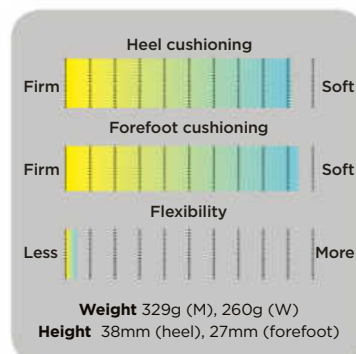


Asics Gel Pulse 7

£85

This narrowly lost out to the Nike LunarGlide for the Best Buy award. It's cheaper and, for the most part, performed well in tests, but a couple of issues held it back. It's a fairly simplistic design and a few testers said it felt 'boxy'. However, the cushioning is impressive and Asics has introduced a few new features since the previous iteration: some weight has been dropped – mostly due to the use of a lighter, bouncier midsole foam – and a guidance groove running the length of the outsole helps to promote a smooth transition, both of which are noticeable. But the heel fit was variable and we had a few reports of rubbing, while the forefoot rubber degraded quickly and the midfoot section didn't hold the foot in place properly when cornering.

Bottom line Sturdy, unspectacular and good value for money

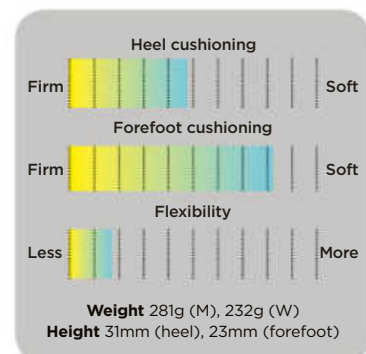


Nike Air Zoom Elite 8

£100

Something of a rarity these days: a Nike shoe that falls into the 'average' category. That being said, the Air Zoom Elite 8 still has plenty to recommend it. It's designed as a lightweight, high-mileage shoe for neutral runners; we found the combination of weight, comfort and security just right and the asymmetrical lacing helped keep the foot secure without pinching across the top. Durability was excellent, as was the mix of breathability and weather protection from the mesh. However, what the shoe gained in cushioning it lost in flexibility and responsiveness, with testers reporting that it felt 'clumpy' and some found it difficult to pick up their feet quickly through the gait cycle. A shoe with potential, but there's some room for improvement.

Bottom line This is a good option for long Sunday runs



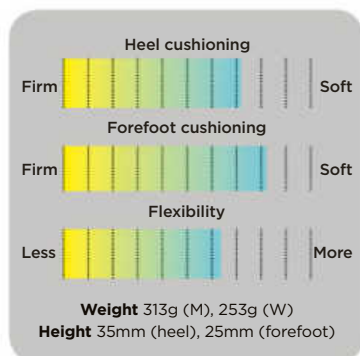


Brooks Glycerin 13

£129.99

It can be tricky to keep evolving a shoe that your customers already love, which is why Brooks deserves praise for making some sensible tweaks to the Glycerin without throwing the baby out with the bath water. This premium neutral shoe still offers the uber-soft, superbly cushioned but responsive ride that its fans have come to expect, but there's now a retouched upper, which moves better with your foot, keeping it in place without restricting movement, while the longitudinal grooves in the midsole have been deepened to improve flexibility, help reduce shock and quicken the heel-to-toe transition so your foot spends less time on the ground. In fact, the Glycerin came out as the most flexible shoe tested for this guide by the *Runner's World* lab in Oregon.

Bottom line Plush and pillowy

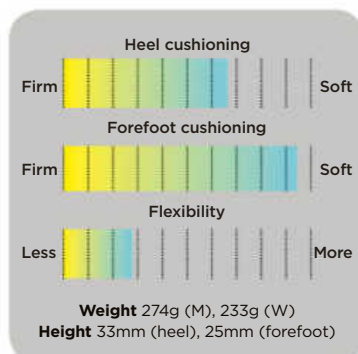


Saucony Ride 8

£110

'The fit and comfort were first class and the first time I went out in them it was like running with two old friends.' So said tester Steve Davis, and he wasn't the only one who felt this way. The Ride is Saucony's offering for runners who want a secure high-mileage training option that's still got a bit of a kick to it. Judging by the enthusiasm from almost everyone who wore it, version eight has achieved what it set out to. The cushioning was plush but not too squishy – shock attenuation in the heel was good, as was forefoot flexibility. The ride through the midfoot is a little stiff, which would better suit heavier runners or steady-state training runs, where a quick transition isn't key. Overall, an excellent shoe that only narrowly missed out on an award.

Bottom line Pure luxury for high-arched runners



Welcome to the club

Neil Gunn, Club Treasurer of Macclesfield Harriers, gives the lowdown on a new club to RW's shoe-testing programme.



The Harriers is a thriving, diverse club with over 600 members, based on the west side of the Peak District National Park. We have strong links to the local community and our members range from beginner to elite, while the age range is **nine to 77**. We're split into five main sections – road running, track and field, cross-country, fell running and ultra-distance challenges.

The club can trace its roots back to 1897. It was reformed in 1945 and focused mostly on road and cross-country running for the next 20 years. In 1999 we secured lottery funding and are really proud of the clubhouse and eight-lane track and field facility that we built with the money.

We compete in three track-and-field leagues, two cross-country leagues and also organise four local road races as a club. The largest, the **Macclesfield Half Marathon**, attracts about 1,000 runners and is now in its 11th year. We've raised over £120,000 for charity through the races.

Since 1984 the club has published a quarterly club magazine and now we have a comprehensive website (macclesfield-harriers.co.uk).

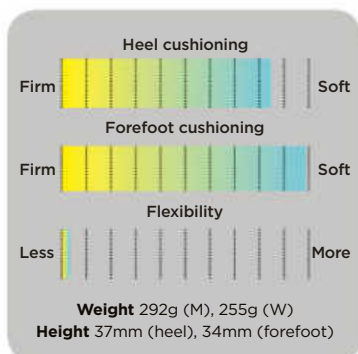
We try to make sure we remain relevant to runners of all abilities: at one end we've organised several **Couch to 5K** programmes, which new members have said have changed their lives by introducing them to sport; at the other we have members who have taken advantage of being so close to the Peak District by training to take on challenges such as the Bob Graham Round and the Ultra-Trail du Mont Blanc. Over 120 club members have tested shoes for the RW testing programme and they've all loved it.



Hoka One One Constant £125

The latest from the market leader in maximal shoes, Hoka's Constant model is very light for a shoe that offers such stability. Instead of inserting a medial post, Hoka has simply created a last (basic shoe outline) that, width-wise, is flat, wide, chunky and difficult to overpronate on. From heel to toe the shoe is curved, with the pivot point under the ball of the foot; this is designed to keep the foot on the ground a little longer and provide extra security for those who are looking for a comfortable ride rather than something super-responsive. The results from testers were as you'd expect: lighter speed demons didn't approve but steady overpronators couldn't get enough of planting their foot down and knowing the shoe would take care of the rest.

Bottom line Lightweight but with reassuring levels of stability



Mizuno Wave Ultima 7 £100

If ever there was a shoe that demonstrates why running companies have moved away from categorising their products as 'neutral', 'stability' and so on, the Ultima 7 is it. The feedback showed that this was all things to all runners – which will be music to Mizuno's ears, as the company intended it as a shoe to 'provide maximum cushioning for the neutral runner covering medium distances.' The changes that Mizuno has made were met with much acclaim: beefed-up midsole cushioning that's bouncier but lighter; a more luxurious foam around the ankle collar; a thicker outsole made from blown rubber, which is springier than the carbon rubber normally used; a lighter, more breathable mesh upper; plusher sockliner and an improved midfoot fit; all came into play to give a ride that mixed speed with comfort.

Bottom line A light, multitasking dream

Tester's take

Name Luke Cameron
Age 31 **Height** 5ft 8in
Weight 14 st
Weekly mileage 30
Occupation IT systems consultant



'Mizuno is not a brand I've used before but based on this shoe it's the only one I'll be using in the future. They were the first shoes not to give me blisters and these fitted my wide feet like a dream from the first run.'

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Under Armour Speedform Fortis £100

If forefoot flexibility is what you're after, then look no further. The RW lab scored the Fortis highly in this area, thanks to its deep outsole grooves. As a consequence, our testers loved tackling hills in this shoe. The lab also found it one of the lightest and most cushioned shoes on test, especially in the heel, where the midsole foam proved extremely bouncy and durable – a couple of ultra-running testers found no deterioration in the cushioning after more than 100 miles. The only two small criticisms are that several testers needed to wear longer socks to counteract rubbing from the high-cut collar, and the one-piece knitted mesh upper, while breathable and stretchy, was no match for rain or puddles, so keep these for dry runs.

Bottom line Long-lasting comfort for distances of 10K and upwards

Tester head

Name Julie Smith
Age 49 **Height** 5ft 6in
Weight 9st 2lb
Weekly mileage 20
Occupation PA at a primary school



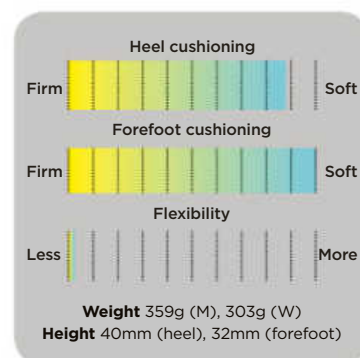
'These Under Armour shoes are extremely comfortable, with a lovely wide fit across the toes, plenty of cushioning for the weight and a secure heel fit. They were so light it almost felt like I was running barefoot.'



Saucony Redeemer ISO £129.99

It came as no surprise that this was the heaviest and least flexible shoe tested in the RW lab (the women's version was the only one to weigh in at over 300g) – it's a monster, with your heel sitting a whopping four centimetres off the ground, a large medial post providing excellent support for severe overpronators and a very chunky midsole foam that came out as the most cushioned on test. The Redeemer is so built up that it goes beyond the traditional motion control of, say, a Brooks Beast and would sit instead in a maximal-shoe category, were we to have one. It's a niche offering, best suited only to those who really need the heft and guidance it offers, but those who do fall into that group absolutely loved running in it.

Bottom line Firm, strong and super-supportive

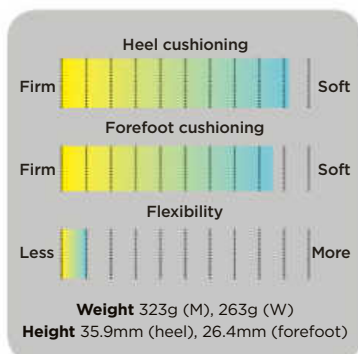




Asics Gel Cumulus 17 £110

'It's a good, stable shoe but nothing out of the ordinary,' said tester Kirsty Hewitson, and that's a good way to sum up the latest version of this long-standing favourite, a mid-to-high-end shoe for neutral runners and supinators. It's extremely cushioned – putting your feet in these is like stepping into a bowl of marshmallows – so if you prefer a firmer ride, this is not the shoe for you; and the wide heel section and firm crash pad make for a reliable experience on the run. However, this comes at the cost of weight: the Cumulus 17 was one of the heaviest shoes on test, which isn't necessarily bad but does put it in the 'traditional running shoe' camp. On the downside the laces come up a little short (a bafflingly common problem with the Cumulus) and the forefoot fit is on the narrow side in the toebox.

Bottom line Soft and reliable



The ups and downs of heel-toe drop

The difference between the height of your heel and the height of the ball of your foot is called 'heel-toe drop' or sometimes just 'heel drop.' In our lab, we determine that difference by cutting the upper off the shoe and measuring from the sole of the foot to the ground. The optimal drop is a matter of debate and ultimately depends on what works best for you.

Proponents of low- or zero-drop (ie, when both the heel and ball of the foot are close to or at the same height above ground) shoes argue that by mimicking the foot's natural placement on the ground such shoes will:

- ▶ Help improve balance and encourage better postural alignment
- ▶ Encourage more of a forward-weighted foot strike, which helps reduce impact forces
- ▶ Reduce the twisting forces on knees and hips
- ▶ Improve your propulsion by allowing for full stretch and recoil of the Achilles tendon and plantar fascia (called the 'windlass effect')
- ▶ Weigh less and have a more balanced feel

Critics of the low- or zero-drop design believe that such shoes are, in fact, better suited for walking rather than running, and they claim that a moderate drop (between eight and 14 millimetres) helps:

- ▶ Reduce impact forces for heel strikers (the majority of runners) by providing more cushioning
- ▶ Minimise pronation by helping the foot roll forward rather than inward
- ▶ Improve stabilisation, which increases efficiency
- ▶ Reduce forces on the Achilles tendon and plantar fascia by limiting how far they need to stretch as you kick backward
- ▶ Encourage a longer stride, thus a faster pace at the same turnover rate

BOTTOM LINE? Changing the level of drop you're used to affects the forces you encounter and may change your stride, which can make you less efficient and more susceptible to injury while you adapt to the new geometry. So stick to the drop that's been working for you. Change it only if you've been getting injured, or you want to alter your stride (which, we should add, requires more than just new shoes). Note: you can always add heel height to a shoe with a thick-heeled orthotic insole or a foam heel lift.



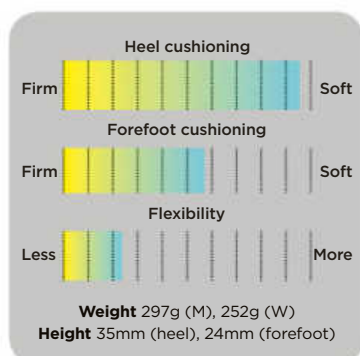


Brooks Aduro 3

£89.99

Based on the basic shoe outline of the Brooks Ghost, this is an entry-level, almost budget-option shoe that has been created especially for the European market. Aimed at neutral runners, it does the basics well, offering few bells and whistles. It was one of the more cushioned shoes tested in the RW Shoe Lab and, in fact, some testers thought this came at the expense of ground feel. In the same way, the 11mm heel-to-toe drop felt almost old school in the current climate of responsive, low-to-the-ground models. It's worth stressing that these aren't bad things, merely a matter of taste. The fit through the midfoot was variable, but the wide toebox and Brooks's addition of DNA cushioning in the heel were extremely popular with testers.

Bottom line A capable workhorse at a reasonable price

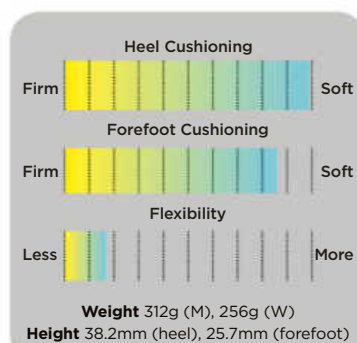


Mizuno Wave Enigma 5

£130

This is a triumphant update for a top-of-the-range neutral shoe. Mizuno has significantly overhauled this model and it's all for the better: the wave plate in the heel (a plastic insert that helps to dissipate shock) has been joined by a U-shaped version in the forefoot, underneath which Mizuno has added its softest forefoot foam. The result is a level of bounce and cushioning that rated among the highest ever tested in our lab. Elsewhere, the toebox has been widened, the outsole on the forefoot is flared for greater stability, and the upper has been revamped so that not only does it give a snugger midfoot wrap but it flexes and bends with your foot. Meanwhile the sockliner is plusher, as is the foam around the ankle collar, which has been increased by 2mm. Our testers loved it all.

Bottom line Heel-striking heaven



How we test

We receive 12-15 pairs of each shoe and send them to runners, who use them for at least a month and give feedback. The shoes also undergo tests at the RW Shoe Lab in Oregon, US. We distil the data into the review and work out which shoes merit an award.



CUSHIONING

An impact-test machine measures how soft or firm a shoe is. An 8.5kg weight – the average weight of the lower leg – is dropped onto the heel and forefoot of a men's size 8 shoe to see how much the midsole compresses.



FLEXIBILITY

This tells us how smoothly a shoe moves from heel strike to toe-off. The forefoot is placed in a machine that bends it 45 degrees – about the same as a foot flexes on the run – 60 times in 20 secs. The force needed indicates flexibility.



HEIGHT AND WEIGHT

We weigh men's (size 8) and women's (size 5) models. We also measure stack height. To find heel and forefoot thicknesses, we cut away upper material and take digital readings. These readings give us the shoe's 'heel drop'.



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RACE

LET YOUR TRAINING LOOSE



TOP HOLE

Basingstoke is known as 'doughnut city' because of its roundabouts and its half marathon hits the sweet spot





DOGGY STYLE
The latest in
canine fashion



For me, Basingstoke has always evoked an image of the kind of new-build, red-brick purgatory where M4-corridor commuters and multinational companies take advantage of non-London property prices while enjoying proximity to the city. To the locals it's known, with no apparent sense of disdain, as Doughnut City, owing to its inordinate number of roundabouts. In short, it seemed the kind of place where *The Office* could have been set if only Slough hadn't got there first.

How deeply wrong I was about it. And how grateful I was that the race organisers persevered for more than two years to get RW out to cover the event, insisting that if only we came and saw for ourselves we'd be impressed by what was on offer.

Don't get me wrong: Basingstoke town centre itself is nothing to write home about. It's a bit of a commercial Mecca, home to the UK headquarters of Sony, BNP Paribas, Motorola, GAME, The AA, ST Ericsson and Sun Life Financial, among others. But race-wise, while the expectation was that we'd be trotting down a series of closed high streets, hoping our GPS watches wouldn't conk out under the building cover, the reality was that the race team had pulled off a masterstroke by starting in the town but immediately taking proceedings into nearby rural villages, where the glorious surrounding countryside would have had Constable reaching for his easel.

The route, a rough figure of eight to the south of Basingstoke, took runners through a succession of quaint villages - Cliddesden, Ellisfield, Farleigh Wallop and Broadmere - where the locals were

out in force, having decorated their houses with bunting for the occasion. Fathers carried children on their shoulders and whooped, grandparents sat in chairs and clapped, while many others banged saucepans, blew into vuvuzelas and put out their hands for high fives as we went past. The pubs had opened early, too, which added considerably to the roistering roadside vibe. On the sections where the road

The pubs opened early, which added to the roadside vibe

narrowed and you were close enough to be slapped on the back, it felt a little like what Tour de France cyclists must experience when making their way through the crowds up a narrow mountain pass.

Between the villages there were equally enjoyable periods of calm, where all you had to do to take in the rustic beauty was lift your head and look left or right: thatched cottages, vast fields stacked with hay bales, rolling hills and roadside verges

THE RUNDOWN

Basingstoke Half Marathon

Hampshire (2014 stats)

First man Jonah Chesum 1:06:13

First woman Gladys Kwambai 1:17:27

Last finisher 3:32:09

Starters/finishers 1,447 and 1,443 (99.9%)



Finishing Stats

- 1-1:30 hours: 3.9%
- 1:30-2 hours: 51.9%
- 2-2:30 hours: 33.4%
- 2:30-3 hours: 9.6%
- 3-3:30 hours: 1.1%
- 3:30-4 hours: 0.1%



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excitement and atmosphere than you might think

DROITWICH SALTFEST 9 Worcestershire, September 13

A multiterrain toughy that ignores the town centre, instead taking you along the canal-side and through the beautiful surrounding countryside. There are some testing climbs, too.
Runnersworld.co.uk/droitwich9

STOCKPORT 10 Greater Manchester, December 6

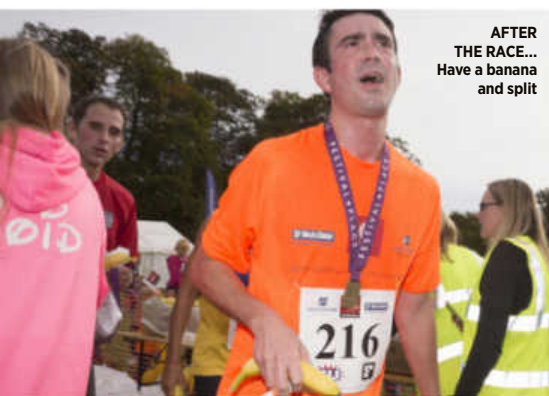
There's no getting away from the fact that the weather is likely to be grey and drizzly. However, the incredible support, raucous on-course vibe and gigantic goody bag more than make up for that.
Runnersworld.co.uk/stockport10

LOVE LUTON HALF MARATHON Bedfordshire, October 25

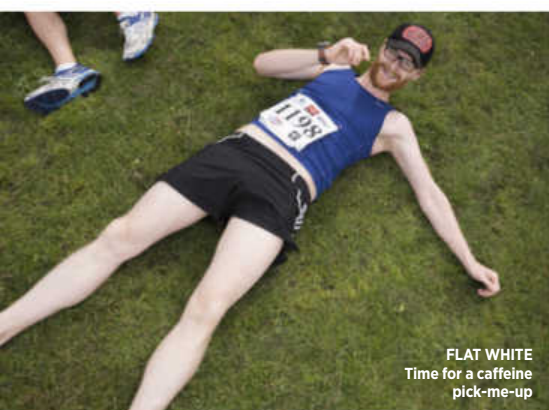
Something for everyone here. It starts at Stockwood Park Athletics Club, goes along closed roads and runs through part of Luton Hoo estate before finishing in the centre of the town.
loveluton.org.uk/halfmarathon

FELIXSTOWE 10 Suffolk, September 27

You might think there's little else to it apart from the container port, but Felixstowe also knows how to put on a race. This 10-miler, flat apart from a PB-ruining hill at mile nine, takes runners along a scenic coastal route.
Runnersworld.co.uk/felixstowe10



**AFTER
THE RACE...**
Have a banana
and split



FLAT WHITE
Time for a caffeine
pick-me-up

blooming with late-season flowers that looked amazing, even if I hadn't a clue what they were called.

The tranquillity was broken only by the surprising number of climbs. There were numerous sneaky inclines, which you only realised you were tackling when you suddenly wondered why someone had attached invisible weights to your legs, as well as three main hills – at mile three, mile six and, around the nine-mile mark, the biggest. Known 'affectionately' as The Big Dipper (actual name: Bedlam Bottom), it's a two-hump corker. If you thought the ascents were hard, the descents were every bit as bad – so steep that it made no difference whether you leaned back and put the brakes on or let gravity have its way – your quads and knees still got a thorough spanking either way. From there, though, it was four miles of mildly downhill country road to the finish on the grass at the War Memorial Park where, refuelling on a hotdog and a beer, I had a chat with Felicity Edwards, the race head honcho and managing director of Destination Basingstoke (DB), a not-for-profit company that promotes the town. Rather than spend money on marketing campaigns, DB uses events to showcase the town and the race is one of its most successful examples.

'The race course was chosen to showcase the area and to challenge people's perception of what Basingstoke is like,' says Edwards. 'We are a modern town, but we are also surrounded by beauty. We also wanted it to be interesting – not just a flat blast. Including some hills was a bit of a risk, as this reduces PB potential, but the consistent year-on-year growth in participants shows we've got it right.'

Edwards also says that the impact of the event spreads far beyond the day itself. Their research shows the race brings £200,000 to the local economy each year (not bad for an event that lasts around two hours). As well as that, two new running clubs have been established in the town since the first half marathon in 2011 and attendance at Parkruns has more than doubled.

Considerable achievements, but perhaps the most impressive of all is the fact that in just four years Destination Basingstoke has developed a race that has the facilities and organisation of a big-city event, with the friendly atmosphere of a community run, and is great fun to boot.

● **Run it** The next Basingstoke Half Marathon is on October 4
Visit runnersworld.co.uk/basingstokehalf



Race director Martin Yelling guides you on this marathon along the Dorset coast.

START The race hub is at King's Park, close to the stadium of Premier League new boys AFC Bournemouth

(A). Staged on closed roads, you can enjoy a fast and flat section through leafy suburbs.

MILE 5 Runners skirt Hengistbury Head, the sandstone headland. Archaeological digs have revealed it's been inhabited since the Stone Age. These days it's also a nature reserve.

MILE 10 An-out-and-back along the cliffs offers panoramic views, including the Isle of Wight to the east. As you pass through Boscombe, you will see the Overstrand area – once a neglected beach-chalet complex. In recent years it has been revamped by designer Wayne Hemingway and the beach hut-style cabins have been rebranded as beach pods.

MILE 12 Your first climb comes at Boscombe Chine Gardens, which date back to the 1880s. It's 200m of ascent, with a kick near the top.

MILE 14 After a downhill section you will pass the Russell-Cotes Museum. It was built in 1901 as a present from Merton Russell-Cotes to his wife; the couple donated the house and an art collection to the town in 1907.

MILE 16 A unique feature of this race is that you run up and down the wooden decking of Boscombe Pier before doing the same along the length of Bournemouth Pier **(B)**, a mile further along the prom.

MILE 18 Behind Bournemouth International Centre you climb West Slope. Live music will keep you going before this section levels out.

MILE 23 As you head west again, you look out towards the exclusive peninsula of Sandbanks. You also reach Poole harbour, said to be the largest natural harbour in Europe.

FINISH After three miles along the prom you finish by Bournemouth Pier's Lower Gardens.

INSIDE STORY

Martin Yelling says: 'It will be the third marathon festival this October. My wife, Liz [a former GB elite marathon runner], and I live here and have run parts of this course hundreds of times in training. We've mirrored the Edinburgh Marathon Festival weekend in many respects by holding other events too, including kids' races, a 10K and a 5K evening race on the Saturday. On the Sunday there's a half as well as the 26.2. Liz and I enjoyed the fact that in many European marathons we raced, there were plenty of points where you see other runners, so we've got lots. And we think it's unique in a UK marathon that you run the length of two piers in the race.'

● **Run it** The 2015 race is on October 4. Visit runnersworld.co.uk/bournemouthmarathon

THE RUNDOWN

Bournemouth Marathon

Dorset (2014 stats)

First man Andrew Lesuuda 2:21:44

First woman Kateryna Stetsenko 2:30:58

No. of finishers 1,968
[DNF figures unavailable]



Finishing stats

● 2:20-3:00: 2%
● 3:00-3:30: 10%
● 3:30-4:00: 25%
● 4:00-4:30: 26%
● 4:30-5:00: 20%
● 5:00-7:00: 17%



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TUPPER WEAR

Bogs, treacherous tracks and an icy pond – the Alf Tupper 10K was not for the fainthearted



A quick glance at RW's online events listings will show that obstacle races are still booming. So much so that you'd be forgiven for thinking the activity has only just been invented. But old-school cross-country running has something to say about that – and this event, though run for the first time only last year, is as old school as it gets.

Named after comic-strip athlete Alf Tupper – the 'Tough of the Track' – the route was a suitable tribute: 10 kilometres of pure mucky slog, and it was brilliant. The organisers had 250 acres of the Camp Hill Estate, near Bedale, to choose from and came up with a course that wound its way through dense, root-packed woodland; over undulating countryside; and through boggy fields. There were fences, fallen trees and hay bales to clamber over, branches to duck, massive puddles to retrieve lost shoes from and a chest-high wade through a large icy pond to endure.

It was knackered but invigorating and even the most jaded racer would have had a big, mud-encrusted grin on their face at the end. To top things off, as each finisher crossed the line we were handed a voucher and directed to the food area to refuel with Tupper's favourite post-race meal: fish and chips and a pint of beer. This is one 10K that's definitely worth travelling to.

● **Run it** The 2015 race, now called the Camp Hill 10K, is on October 18. Visit camphill.co.uk/alf-tupper-10k.html

THE RUNDOWN

Alf Tupper 10K

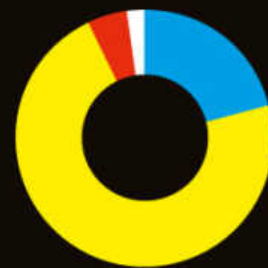
N. Yorkshire (2014 stats)

First Man James Baker
36:03

First Woman Chloe Hudson
46:30

Last finisher 2:06:19

No of starters/finishers
131/112 (86% finished)



Finishing stats

● 00:30-00:59 21%
● 01:00-01:29 72%
● 01:30-01:59 5%
● 02:00-02:29 2%



MY RACE

CARDIFF HALF MARATHON



Name Katherine Price
Age 23

Hometown Cwmbran,
South Wales

Job Student

Years running Five

PBs 5K 24 mins;

10K 45 mins;

Half marathon 1:54

'Four years after running the race for the first time I was spurred on by my uni athletics team to try to beat my time of 1:59.

I was helped by the fact that the organisers have tweaked the route to make it quicker. The race now begins along Cardiff Castle and cuts through Cardiff Bay. The beautiful Bay Barrage coast path is now in the fifth mile, rather than the 12th. I didn't even notice it when it was towards the end.

The 'A' roads have also been swapped for more residential streets, which is great for the atmosphere – far more locals can turn out to watch.

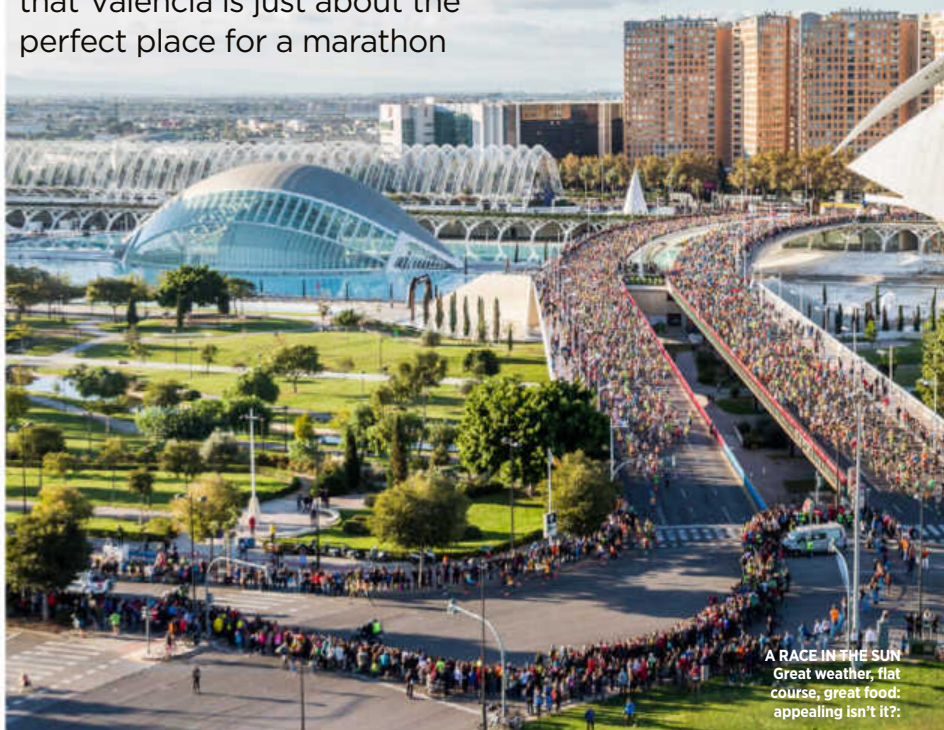
A downward slope after Roath Park gives you the final push for a sprint finish. It's a good half for a PB, judging by my time: I improved by five minutes, finishing in 1:54.'

● **Run it** The 2015 race is on Oct 4. Visit cardiffhalfmarathon.co.uk



CITY SLICKER

RW editor **Andy Dixon** finds that Valencia is just about the perfect place for a marathon



A RACE IN THE SUN
Great weather, flat course, great food: appealing isn't it?:

Valencia calls itself the 'city of running', and having run its marathon last year, it's hard to disagree. It's got the kind of Mediterranean climate that makes Brits sick with envy; paella, arguably the tastiest of all carb-based dishes, was invented here; it's got an abundance of running routes in gardens, parks and along its beaches; and it's flat.

If that's not enough to make you sign up, there's plenty more. The start and finish of the race, and the expo, are all in the City of Arts and Sciences – a modern (if wildly expensive) architectural wonder, with buildings designed by Valencian Santiago Calatrava. The marathon's finishing straight, on a platform built across a wide ornamental pool, is a particular highlight. And if you're not up for a marathon, there's

a 10K that starts and finishes in the same area but follows a different route.

Race-day conditions were perfect – a beautiful cloudless day, but, at 15C, not too hot. The route was congested for the first few miles, but apart from that the marathon is PB-friendly, with only a slight incline of 25 metres from miles 14 to 21.

In truth, the first half, through the city's northern outskirts, is fairly unremarkable, though football fans will enjoy running past Mestalla Stadium, home of Valencia FC, at mile 11. But the roads are wide, so it's easy to get into a rhythm.

Things get more interesting after mile 16, when the route crosses the Jardines del Turia (see *The Lowdown*, right) and heads into the shaded, atmospheric streets of the old city, through the town hall square and past the Torres de Quart, the remains of

THE LOWDOWN
GET THERE, GET AROUND AND GET READY



GET THERE

Easyjet has direct flights from London Gatwick, while Ryanair flies direct from Bristol, Birmingham, London Stansted and Manchester.



STAY

AC Hotel Valencia (Marriott.com) is a stylish four-star hotel within 10 minutes' walk of the start/finish area. Rooms from €65 per night.



SIGHTSEE

In the old city, check out Valencia Cathedral and the Basilica of the Virgin, while the cavernous Central Market is a food-lover's dream.



FUEL

Carb-load with authentic Valencian paella (which features chicken, rabbit and snails) at La Lola (lalolarestauro.com). Celebrate with an 'agua de Valencia' – a moreish cocktail of cava, OJ, vodka and gin – at Café de las Horas (cafedelashoras.com).

WARM UP



In the Jardines del Turia – the 9km green belt snaking through the centre of the city on the former bed of the River Turia, which was redirected after a flood in 1957.

THE RUNDOWN

Valencia Marathon

Spain (2014 stats)

First man Jacob Kibet Kendagor 2:08:39

First woman Beata Nandjala Naigambo 2:30:54

Last finisher 6:38:40 **No. of finishers** 11,348

Finishing stats

- 2-3hrs 5%
- 3-4hrs 52%
- 4-5hrs 38%
- 5hrs+ 5%



the old city walls. The next few miles touch Valencia's western edge before heading back into the old city to pass the elegant main railway station and bullring. The last mile hugs the south bank of the Jardines del Turia, before that memorable finish.

Crowd support is loud and impressive throughout. Cries of 'animo!' and 'venga!' abound – it's a thoughtful touch from the organisers to print runners' first names on bibs so supporters can offer bespoke encouragement.

A Brooks technical T-shirt, a goodie bag with pastries, oranges and – most usefully for me – Epsom salts for a recovery bath mean this is a race that's got it all, whether you're after a PB or just a great city break with a marathon attached.

● **Run it** The next Valencia Marathon is on November 15. Visit valenciaciudaddelrunning.com

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YOUR PLACE IN THE UNIVERSE.

Michelle Collins



Astronomer, currently seeking to uncover
the mysteries of dark matter in the New Ride 8



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THE NEW

NOMAD TR

The Nomad TR is the newest member of the RUN ANYWHERE line. Featuring a PWRTRAC outsole engineered to adapt to various terrain types, the Nomad TR offers excellent traction and durability. A new oblique toe last shape and 1-piece upper construction provide a sock-like fit and feel.



W213355
W216265
£89.99

UPPER

- 1-piece upper construction creates supportive sock-like feel
- New oblique toe last for more natural foot shape
- Pro-Lock lacing system enhances midfoot support and fit
- FlexFilm no-sew overlays add support without adding weight
- RUNDRIY collar lining



MIDSOLE

- POWERGRID insert in heel provides extra cushion



OUTSOLE

- Super-tacky PWRTRAC rubber provides 3x better traction than standard rubber
- Siped forefoot pods adapt to terrain enhancing balance



The **NEW** Nomad TR is part of the Saucony AW15 Range.
Now available in selected stores and online at www.sweatshop.co.uk

Proud to be the nation's favourite running retailer

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THE NEW RIDE 8

The all new Ride 8 is ready and raring to go with an all-new FlexFilm upper that enhances fit without adding weight. Runners can expect the exceptionally smooth and responsive feel that this franchise shoe is famous for, and cross the finish line running stronger than ever.



W210156
W215472
£109.99



UPPER

- FlexFilm no-sew overlays enhance fit without adding weight
- Highly breathable, lightweight open air mesh
- RUNDY lining wicks away moisture for a dry, comfortable run
- Silver reflective at heel for enhanced visibility



MIDSOLE

- POWERGRID creates an exceptionally smooth, responsive ride
- SSL (Saucony Super Light) EVA maximizes durability while minimizing weight
- SRC Impact Zone absorbs impact and extends into midfoot for improved transition



OUTSOLE

- iBR+ is 33% lighter and more cushioned than standard blown rubber
- XT-900 carbon rubber offers exceptional traction and durability

The **NEW** Ride 8 is part of the Saucony AW15 Range.
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Nike Elastika Tank Top
W450728 **£25**



Nike Crackle Tank Top
W450730 **£25**



Nike Miller Crew Neck T-Shirt
W450705 **£27.99**



Nike Oregon PJT Tank Top
W450753 **£25**



Nike Miller Optical T-Shirt
W452963 **£27.99**



Nike Tailwind Striped T-Shirt
W452963 **£38**



Nike Print Mens Shorts
W457823 **£25**



Nike Pro Vixen Capri Pants
W457818 **£28**



Nike 9 Distance Shorts
W450753 **£30**



MENS

Nike Air Zoom
Structure 18
£99.99
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LADIES

Nike Air Zoom
Structure 18
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MENS

Nike
Lunar Eclipse 5
£104.99
W212455



LADIES

Nike
Lunar Glide 7
£119.99
W215435



MENS

Nike
Zoom Odyssey
£129.99
W212456



LADIES

Nike
Zoom Odyssey
£129.99
W215443

RACE FINDER

THE BEST UK EVENTS IN OCTOBER

Your top rated

October's best races as voted for by you*

1

98%

•ROAD •URBAN •RURAL
CHESTER MARATHON

When October 4

Where Cheshire

Almost 5,000 runners took to the streets of Chester last year to enjoy a flat route that takes in the city's landmarks and the countryside, and finishes at the racecourse. **p123**

2

97%

•TRAIL •RURAL •HILLY
SNOWDONIA MARATHON

When October 24

Where Gwynedd

A massive challenge, but the route is lined in parts with a rowdy crowd, whose support you'll most certainly need to propel you over the extremely hilly but gorgeous terrain to the finish. **p126**

3

96%

•TRAIL •URBAN •RURAL
THE PETTS WOOD 10K

When October 11

Where Greater London

Last year's entrants to this speedy trot around southeast London found an event with a community feel, a brilliant band and succulent samosas at the finish. A steal at £16. **p124**

4

95%

•ROAD
YORKSHIRE MARATHON

When October 11

Where Yorkshire

A modest hill in the final mile is the only real test (distance aside, of course). The support is also excellent, which makes a perfect event for marathon newbies. **p124**

5

93%

•TRAIL •RURAL
GRUESOME TWSOME HALF MARATHON

When October 17

Where Lincolnshire

Something a bit different, this one: entrants run in pairs on an off-road course across the Lincolnshire Wolds. There's a post-race spread at a local pub to spur everyone on. **p124**

*Taken from RW online 2014 ratings

How to use Race Finder

It's pretty easy – just follow the key below. Calendars at the ready!

Race Finder lists UK races that take place during the month stated on the cover, at the least. This issue features races from **Friday, October 2 to Sunday, November 8**. Simply look up when you want to race and find that day's events listed by region. Info is provided by race organisers and may be edited because of space. Find more extensive listings and an interactive search tool at runnersworld.co.uk/events. Just log on and sign up!

Key to race entries

RACE NAME
5Ks, 10Ks, half marathons and marathons are clearly shown. Numbers only (eg. 5, 20) represent the distance in miles.

RACE TYPE
The kind of terrain and surroundings: road, trail, hilly, flat, urban and rural.

ADDITIONAL RACES
The event offers more races than the one stated, such as shorter fun runs or a children's race.

LEICESTERSHIRE
•ROAD •URBAN •RURAL
LEICESTER MARATHON (+)
VENUE Victoria Park, Leicester, 9:15am **CONTACT** Christian Weikert-Picker; 0116 231 8484; christianweikert-picker@loros.co.uk www.leicestermarathon.org.uk **COST** £26/£29 C/D 30/9 E/D YES, £50

CLOSING DATE
Closing date for entries, if applicable.

ENTRY ON DAY
Is it possible to turn up, pay and run? If yes, and it costs more to do this, it's usually stated.

ORGANISER'S CONTACT DETAILS
Who you should speak to if you have any queries about the event.

COST
The first figure is for entrants belonging to a UKA-affiliated running club. The second is for non-affiliated runners.



RW online entry

Signing up for events marked with this flash couldn't be simpler.

- ▶ Go to runnersworld.co.uk/events and search for the race you want to enter by name.
- ▶ Click 'Enter Online'.
- ▶ Select the category of race you wish to enter (whether you are affiliated to a running club or non-affiliated).
- ▶ Enter your details and pay online.
- ▶ Then you'll be sent a confirmation email. It's as simple as that.

FRIDAY OCTOBER 2

CORNWALL

•TRAIL •RURAL

VOTWO ATLANTIC COAST CHALLENGE 78.6M

VENUE Race HQ: St Ives Bay Holiday Park, Hayle, 8am **CONTACT** Ben Mason; 07855 500 149; bookings@votwo.co.uk; www.votwo.co.uk **COST** £160 E/D NO

SATURDAY OCTOBER 3

DERBYSHIRE

•ROAD •FLAT

NO WALK IN THE PARK 5K (+)

VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am **CONTACT** John Cannon; 01246 566 458; 07902 249 316; j.cannon846@btinternet.com; northderbyshireirc.jimdo.com **COST** £3/£5 E/D ONLY

•TRAIL •RURAL

TISSINGTON TRAILHALF MARATHON

VENUE The Tissington Trail, Parsley Hay, Ashbourne, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £23/£25 C/D 28/9 E/D YES, £30

LANCASHIRE

•TRAIL •RURAL

SAAB SALOMON RIVINGTON TRAIL HALF MARATHON

VENUE Rivington, Horwich, 10am **CONTACT** Mike Gratton; 01252 373 797; mike@209events.com; www.209events.com **COST** £20 E/D YES, +£5

LONDON

QUEEN ELIZABETH OLYMPIC PARK 10KM

VENUE Queen Elizabeth Olympic Park, London, 9:30am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; atnd.it/29027-2 **COST** - E/D NO

•ROAD •FLAT

SELF TRANSCENDENCE 10K

VENUE Rosery Car Park, Battersea Park, London, 8am **CONTACT** Shankara Smith; 0207 222 1314 [day]; 07734 298 024; raes@runandbecome.com; uk.srichinnmoyraces.org/races/london **COST** £8/£10 C/D 26/9 E/D YES, +£1

NORTHUMBERLAND

•TRAIL •RURAL

ACTIVE NORTHUMBERLAND KIELDER 10K (+)

VENUE Leppish Waterside Park, Kielder, 10am **CONTACT** Event Secretary; 01434 689 040; jodie@eventsofthenorth.com; www.kielder-marathon.com **COST** £21/£23 E/D NO

SURREY

•TRAIL •RURAL

FOUNDERS CROSS COUNTRY MARATHON

VENUE The War & Spottiswoode Memorial Hall, Walking Bottom, Peaslake, 10am **CONTACT** Adam Podge; founderschallenge@ldwa.org.uk; www.ldwa.org.uk/London/ **COST** TBC E/D NO

•TRAIL •URBAN •RURAL

RUN RICHMOND PARK 10K RACE 8 2015 (+)

VENUE Richmond Park, Sheen Lane, Richmond, 10:10am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixuk.com; www.thefixevents.com **COST** £17 C/D 25/9 E/D YES, +£5

WARWICKSHIRE

•TRAIL •RURAL

HEART OF ENGLAND FOREST MARATHON (+)

VENUE Henley in Arden School, Stratford Road, Henley in Arden, 9:30am **CONTACT** David Powell; 07734 548 434; davedirect@hotmail.co.uk; www.hofe-forestmarathon.co.uk **COST** £15 C/D 27/9 E/D YES, +£5

YORKSHIRE

•TRAIL •RURAL

ROUND RIPON ULTRA 35 (+)

VENUE Village Green, Studley Roger, Ripon, 9am **CONTACT** Postal Entries; 07747 803 090; 07711 945 963; 07747 803 090; admin@gobeyondchallenge.co.uk; gobeyondultra.co.uk **COST** £39 C/D 1/10 E/D YES, +£6

SUNDAY OCTOBER 4

BERKSHIRE

•TRAIL •URBAN •RURAL •FLAT

READING 020 10K

VENUE Thames Valley Park, Reading, 9am **CONTACT** Chris Donald; 01494 630 759; info@purplepatchrunning.com; www.purplepatchrunning.com **COST** £15/£17 E/D YES, +£3

•ROAD •RURAL •FLAT

SOUTH BUCKS 10K ROAD RACE

VENUE Black Park Country Park, Slough, 9:30am **CONTACT** Fred Ashford; 01494 534 972; fredashford@waitrose.com; www.southbucks10k.org.uk **COST** £10/£12 C/D 26/9 E/D YES, +£3

BUCKINGHAMSHIRE

•TRAIL •RURAL

LEY HILL CHALLENGE 10K (+)

VENUE Ley Hill School, Chesham, 10:30am **CONTACT** Mark Ellis-Jones; 07956 984 058; leyhillchallenge@gmail.com; www.leyhillchallenge.org.uk **COST** £10/£12 C/D 25/9 E/D YES, +£2

CAMBRIDGESHIRE

•TRAIL •RURAL

ABINGTON 10K (+)

VENUE Granta Park, Great Abington, Cambridge, 10:30am
CONTACT Nicola Herberholz; abington10k@gmail.com;
www.abington10k.org.uk/ **COST** £13/£15 **E/D** NO

CHANNEL ISLANDS

***TRAIL • URBAN • RURAL**
STANDARD CHARTERED JERSEY MARATHON 2015 (+)

VENUE The Weighbridge, St Helier, Jersey, 9am
CONTACT Kate Power; 01534 505 926; contact@jersey-marathon.com; www.jersey-marathon.com **COST** £34/£36 **E/D** YES, +£20

CHESHIRE

***ROAD • URBAN • RURAL**
MBNA CHESTER METRIC MARATHON 2015
VENUE Chester Racecourse, Chester, 10am **CONTACT** lindaw@chestermarathon.co.uk; www.chestermarathon.co.uk **COST** £35/£37 **E/D** NO

*ROAD • FLAT

RESOLUTION RUN - WARRINGTON (+)
VENUE Victoria Park, Knutsford Road, Warrington, 11am
CONTACT Laura McMullin; 0161 742 7484; 07961 246 395; resolution@stroke.org.uk; www.stroke.org.uk/resolution **COST** £12.50 **C/D** 29/9 **E/D** YES, +£2.50

***TRAIL • URBAN • RURAL**
RUN WINSFORD

VENUE Winsford Rock Salt Mine, Bradford Road, Winsford, 10am **CONTACT** Brett Connolly; brett@xplosiveevents.co.uk; www.xplosiveevents.co.uk/runwinsford **COST** £16 **E/D** NO

CUMBRIA

***ROAD • URBAN • RURAL**
THE GREAT CUMBRIAN RUN (+)
VENUE Sheepmount Athletics Stadium, Mayors Drive, Carlisle, 10am **CONTACT** The Great Cumbrian Run; 01228 633 766; gcr@carlisleleisure.co.uk; www.cumbrianrun.co.uk **COST** TBC

DERBYSHIRE

***TRAIL • RURAL**
TISSINGTON TRAIL HALF MARATHON
VENUE The Tissington Trail, Parsley Hay, Ashbourne, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £23/£25 **C/D** 28/9 **E/D** YES, £30

DEVON

***TRAIL • RURAL**
MINSTER CHALLENGE (+)
VENUE Axe Valley Community College, Lyme Road, Axminster, 10am **CONTACT** Diane Roberts; 01297 32146; droberts@axevalley.devon.sch.uk; axevalley.devon.sch.uk/community/the-minster-challenge/ **COST** £8/£10 **C/D** 30/9 **E/D** YES, +£2

*ROAD • RURAL

TEIGN VALLEY TODDLE
VENUE Teign Valley Community Hall, Christow, 10:30am **CONTACT** Stephen Larkins; 01647 253 486; 07956 605 788; teignvalleytoddle@gmail.com; www.teignvalleyrunningclub.co.uk **COST** £8/£10 **C/D** 28/9 **E/D** YES, +£2

DORSET

***ROAD**
BOURNEMOUTH MARATHON FESTIVAL 2015 - FULL MARATHON (+)
VENUE Bournemouth, 10am **CONTACT** Bournemouth Marathon Festival Marathon Festival; www.run-bmf.com/ **COST** £48.94/£50.94 **E/D** NO

ESSEX

***ROAD • URBAN • FLAT**
SOUTHEND 10K CLASSIC
VENUE Southchurch Park East, Southend On Sea, 10am **CONTACT** southend10k@gmail.com; www.southend10k.co.uk **COST** £15/£17 **E/D** NO

GLOUCESTERSHIRE

***TRAIL • RURAL**
BADMINTON HORSELESS TEAM EVENT (+)
VENUE Badminton Park, Badminton, Chipping Sodbury, 11am **CONTACT** Tony Hadfield; bthadfield@btinternet.com; www.rssc.co.uk/horseless-team-event-2015/ **COST** £20 **E/D** YES

HAMPSHIRE

***TRAIL • URBAN • RURAL**
ALTON DOWNLAND CHALLENGE 10K (+)
VENUE Anstey Park, Alton, 10:30am **CONTACT** Philip Scrase; 01420 542 683; philip63scrase@gmail.com; altonrunners.co.uk **COST** £11 **E/D** YES, +£2

***ROAD • URBAN • RURAL**
BASINGSTOKE HALF MARATHON

VENUE War Memorial Park, Basingstoke, 11am **CONTACT** Felicity Edwards; 01256 461 167; nina.muir@destinationbasingstoke.co.uk; www.basingstokehalfmarathon.com **COST** £28/£30 **C/D** 30/9 **E/D** YES, £35

*ROAD • RURAL • FLAT

PORTSMOUTH RNLI 10K
VENUE Portsmouth lifeboat station, Ferry Road, Portsmouth, 10am **CONTACT** Rob Piggott; 07780 675 747; fitprorob@hotmail.com; https://fitprorob.primo-solutions.co.uk/ps/event/PortsmouthRNLI10KRUN20141 **COST** £16 **C/D** 26/9 **E/D** YES, +£4

***ROAD • RURAL • FLAT**
SOUTHSEA PIRATES (PIECES OF EIGHT) 8
VENUE Portsmouth lifeboat station, Ferry Road, Portsmouth, 10am **CONTACT** Rob Piggott; 07780 675 747; fitprorob@hotmail.com; https://fitprorob.primo-solutions.co.uk/ps/event/SouthseaPiratesPiecesofEight20141 **COST** £18 **E/D** YES, +£7

HEREFORDSHIRE

***ROAD • RURAL**
EATON BISHOP 10K
VENUE Eaton Bishop Village Hall, 3 Green Court, Hereford, 9am **CONTACT** Steve Poolton; strideoutevents@hotmail.com; www.strideoutevents.co.uk **COST** £12.50 **C/D** 15/9 **E/D** NO

*TRAIL • RURAL

HOPE VALLEY RUN 8.3M (+)
VENUE Woolhope Village Hall, Woolhope, Hereford, 11am **CONTACT** Ronnie Scully; 01432 860 295; 07730 402 044; email@hopevalleyrun.com; www.hopevalleyrun.com **COST** £13/£14 **E/D** YES, +£1

HERTFORDSHIRE

***ROAD • RURAL**
MANUDEN FUN RUN 10K (+)
VENUE Manuden Primary School, The Street, Bishop's Stortford, 11am **CONTACT** Pauline Burnard; 01279 814 600; NA; funrun@manuden.org.uk; www.manuden.org.uk/funrun.asp **COST** £12 **C/D** 26/9 **E/D** YES

*ROAD • URBAN • RURAL

STANDALONE 10K (+)
VENUE Standalone Farm, Wilbury Road, Letchworth, 9:30am **CONTACT** standalone10k@standalone10k.org.uk; www.standalone10k.org.uk/ **COST** £13/£15 **C/D** 24/9 **E/D** NO

*ROAD • RURAL • HILLY

THE 33RD ABBOTS LANGLEY TOUGH 10 (+)
VENUE Manor House Grounds, Gallow's Hill Lane, Abbots Langley, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.tough10.co.uk **COST** £17.50 **C/D** 27/9 **E/D** YES, +£2.50

*TRAIL • RURAL

THE WIMPOLE HOOHAAH HALF MARATHON (+)
VENUE Wimpole, Arrington, Royston, 10am **CONTACT** hannah hodgson; Info@justhappen.co.uk; www.hoohaah.co.uk **COST** £23 **E/D** NO

*TRAIL • RURAL

WILLOW 10K 2015
VENUE Hatfield House, Hatfield, 11am **CONTACT** Carol Young; 01707 259 777; carol.young@willowfoundation.org.uk; https://www.willowfoundation.org.uk/willow10k **COST** TBC **C/D** 25/9 **E/D** YES, £30 unaffiliated

KENT

***ROAD • RURAL**
THE SITTINGBOURNE STRIDERS CHAS RYMAN MEMORIAL 10 MILE ROAD RACE
VENUE Hightsted School, Hightsted Road, Sittingbourne, 10am **CONTACT** Martin Burke; 07879 815 441; martin@nice-work.org.uk; www.sittingbournestriders.co.uk/Club_Race.html **COST** £14/£16 **C/D** 30/9 **E/D** YES, £18

*ROAD • RURAL

TONBRIDGE HALF MARATHON
VENUE West Kent College, Brook Street, Tonbridge, 10am **CONTACT** Andy Blundell; 07798 810 484; andy.blundell@blueyonder.co.uk; www.tonbridgehalfmarathon.co.uk **COST** £18/£20 **E/D** NO

LONDON

***ROAD • FLAT**
MIDDLESEX 10K
VENUE Victoria Park Harriers and Tower Hamlets AC Clubhouse, Cadogan Terrace, Victoria Park, Hackney, 10:30am **CONTACT** Malcolm French; 02084 223 900; MalcolmFrench@aol.com; www.middlesexaa.org.uk **COST** £5/£7 **C/D** 21/9 **E/D** NO

*ROAD

RUN WITH THE GIRLS 10KM
VENUE Hyde Park, London, 9am **CONTACT** Richard Xerr; 07737 335 296; info@runwiththegirls.co.uk; www.runwiththegirls.co.uk **COST** £25/£27 **C/D** 25/9 **E/D** NO

*ROAD

THE MORNINGTON CHASERS REGENT'S PARK GRAND PRIX 10K WINTER SERIES RACE ONE
VENUE Regents Park, Start location is near The Hub, London, 9:10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £15/£17 **C/D** 30/9 **E/D** YES, £20

NORTHUMBERLAND

***TRAIL • RURAL**
ACTIVE NORTHUMBERLAND KIELDER MARATHON (+)
VENUE Leaphill Waterside Park, Kielder, 1pm **CONTACT** Event Secretary; 01434 689 040; josie@eventsofthenorth.com; www.kielder-marathon.com **COST** £33/£35 **E/D** NO

OXFORDSHIRE

***ROAD • RURAL • FLAT**
BHF BLENHEIM PALACE HALF MARATHON (+)
VENUE Blenheim Palace, Woodstock, 10:30am **CONTACT** Events Team; 0845 130 8663; events@bhf.org.uk; www.bhf.org.uk/blenheim **COST** £26 **E/D** NO

Where's the action?

October's 214 events broken down by region

Scotland / 7

North / 43

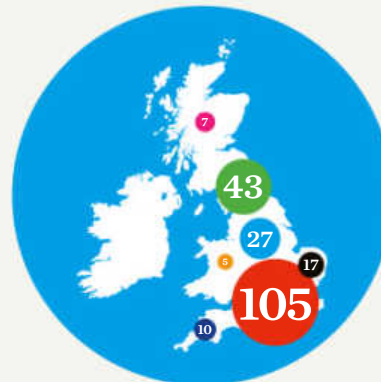
Midlands / 27

East / 17

South / 105

Southwest / 10

Wales / 5



SCOTLAND

***ROAD • URBAN • RURAL**
GREAT SCOTTISH RUN (+)
VENUE Glasgow, 10am **CONTACT** Great Run; info@greatrun.org; www.greatscottishrun.com **COST** £32 **E/D** NO

SOMERSET

***ROAD • URBAN • RURAL • FLAT**
BURNHAM-ON-SEA HALF MARATHON (+)
VENUE BASC Sportsground, Stoddens Road, Burnham-on-sea, 11am **CONTACT** Stuart Anderson; SJAnd@doctors.org.uk; www.burnham-on-sea-harriers.com **COST** £18/£20 **C/D** 20/9 **E/D** YES, +£2

SURREY

***ROAD • URBAN**
CAMBERLEY AC / JULIAN FARRELL 10K (+)
VENUE Kings International College, Watchetts Drive, Camberley, 11am **CONTACT** Race Organiser; 07885 764 889; rjdunnet@gmail.com; www.camberleyathletic.org.uk **COST** £9/£11 **E/D** YES, +£2

*TRAIL • RURAL • HILLY

PUNCH BOWL CHALLENGES PUNCH BOWL 10K (+)
VENUE The Devil's Punch Bowl, Hindhead, 10am **CONTACT** Robert Monteath; 01428 653 584; robertmonteath@btinternet.com; www.pbchallenges.co.uk **COST** £12/£14 **C/D** 30/9 **E/D** YES, +£2

*ROAD • URBAN • FLAT

THE ROYAL BOROUGH OF KINGSTON 10 MILES
VENUE The Market Place, Kingston Upon Thames, 8:30am **CONTACT** Peter Wedderburn; 0208 8288 8575; kbc@blueyonder.co.uk; kingston10miles.com/ **COST** £23/£25 **E/D** NO

*TRAIL • RURAL

TITSEY TRAIL 10K
VENUE Limsfield Common, Off Westerham Road, Oxted, 10:30am **CONTACT** Wendy Wilson; wendy.wilson@barclays.com; www.oxtedrunners.org.uk/10k/index.shtml **COST** £13/£15 **E/D** NO

SUSSEX

***TRAIL • RURAL**
ALF SHRUBB MEMORIAL 5 CROSS COUNTRY RACE (+)
VENUE Slinfold Cricket Club, Slinfold, Horsham, 11am **CONTACT** Cliff Comber; 01403 250 376; 07774 286 456; harriers24@gmail.com; www.SussexRaces.co.uk **COST** £10 **C/D** 26/9 **E/D** YES, +£5

*TRAIL • URBAN • RURAL

HERON WAY 10K TRAIL RUN (+)
VENUE Heron Way School, Heron Way, Horsham, 11am **CONTACT** Andrew Brown; www.heronwaypta.org.uk/event/heron-way-10k/ **COST** £12 **E/D** YES, +£6

*ROAD • RURAL • FLAT

RISE 8K UNDERCLIFF RUN FOR WOMEN
VENUE Saltdean, Undercliff Path, Saltdean, 10:15am **CONTACT** Julie Hales; 01273 911 214; fundraising@riseuk.org.uk; www.riseuk.org.uk **COST** £22 **C/D** 24/9 **E/D** YES, +£8

WEST MIDLANDS

***TRAIL • RURAL**
KINVER ROTARY TWO VILLAGES 10K CHALLENGE (+)
VENUE Enville Hall Estates, Enville, Stourbridge, 10:30am **CONTACT** Andrew sheppard; 07737 270 768; amsheppard@talktalk.net; www.actionheartrunning.com/events/453 6998022 **COST** £12/£14 **E/D** YES, £15

WILTSHIRE

***TRAIL • RURAL**
CLARENDON MARATHON: SALISBURY TO WINCHESTER (+)
VENUE Wyvern College, Laverstock, Salisbury, 10:30am **CONTACT** JJ Heath-Caldwell; 01962 761 565; 07831 391 532; jj@localsurveyorsdirect.co.uk; www.clarendon-marathon.co.uk **COST** £30 **C/D** 1/9 **E/D** YES, +£5

*ROAD • RURAL

CRICKLADE 10K
VENUE Cricklade Leisure Centre, Stones Lane, Cricklade, Swindon, 10:30am **CONTACT** Phillipa Knight; 01793 750 556 [level]; crickladefunrun@live.co.uk; www.crickladefunrun.co.uk **COST** £9.50/£11.50 **E/D** NO

*ROAD • RURAL

CRICKLADE HALF MARATHON
VENUE Cricklade Leisure Centre, Stones Lane, Cricklade, Swindon, 10:30am **CONTACT** Phillipa Knight; 01793 750 556; 01793 750 556/751 206; crickladefunrun@live.co.uk; www.crickladefunrun.co.uk **COST** £10.50/£12.50 **C/D** 27/9 **E/D** NO

YORKSHIRE

***TRAIL**
BRAMHAM PARK FUN RUN (+)
VENUE Bramham Park, Wetherby, 10:30am **CONTACT** Beverley Firth; beverleybramhamparkrun@yahoo.co.uk; www.bramhamparkfunrun.org.uk **COST** £9.40 **C/D** 1/10 **E/D** YES, +£6p

*TRAIL • RURAL • HILLY

GREWELTHORPE MULTITERRAIN RACE
VENUE Grewelthorpe Village Hall, Grewelthorpe, Ripon, 11am **CONTACT** Sean McKeag; www.gmtr.co.uk **COST** £12/£14 **C/D** 1/10 **E/D** NO

*TRAIL • FLAT

SHEFFIELD CITY 10K
VENUE Rother Valley Country Park, Mansfield Road, Sheffield, 10am **CONTACT** Mark Caswell; 0797 783 1519; mark.caswell@btinternet.com; www.mccpromotions.com; **COST** £16 **C/D** 29/9 **E/D** YES

MONDAY OCTOBER 5

STAFFORDSHIRE

***TRAIL**
KATHARINE HOUSE HOSPICE 10K RUN (+)
VENUE Shugborough Estate, Stafford, 11am **CONTACT** James Lunney; 01785 270 808; jlunney@khhospice.org.uk; www.khhospice.org.uk **COST** £8/£10 **C/D** 30/9 **E/D** YES, £15

SATURDAY OCTOBER 10

DEVON

***TRAIL**
RUN RELAY 100
VENUE Escot Estate, Ottery St Mary, Exeter, 7am **CONTACT** Simon Blackburn; simon@runrelay100.com; www.runrelay100.com **COST** £97/£101 **C/D** 1/10 **E/D** NO

LANCASHIRE

***ROAD • RURAL • FLAT**
VALIANTS HALF MARATHON (+)
VENUE Valiants Equestrian Centre, Lancaster Rd, Ot Rowliffe, Preston, 10:30am **CONTACT** alan taylor; 07850 684 162; alantaylor7@tesco.net **COST** £16/£18 **C/D** 5/10 **E/D** YES, +£2

LONDON

***TRAIL • FLAT**
WHITE CITY
VENUE Linford Christie Stadium, Wormwood Scrubs, DuCane Road, Acton, 10:30am **CONTACT** Mark Caswell; 0797 783 1519; mark.caswell@btinternet.com; www.mccpromotions.com **COST** £13 **E/D** YES

NOTTINGHAMSHIRE

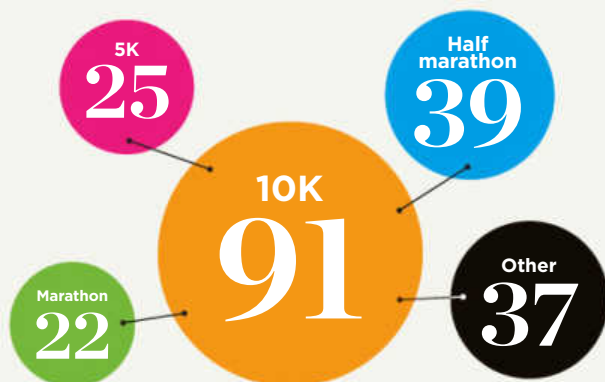
***TRAIL • URBAN • RURAL**
MEN'S HEALTH SURVIVAL OF THE FITTEST - NOTTINGHAM
VENUE Victoria Embankment, Nottingham, 10am **CONTACT** Rat Race Events; events@ratrace.com; www.mhsurvival.co.uk/ **COST** £55 **E/D** NO

OXFORDSHIRE

***TRAIL • RURAL**
FRIETH HILLY 10K (+)
VENUE Frieth CEC School, Frieth, 10am **CONTACT** Diane Hill; 07715 303 563; 07715 303 563; applications@friethhilly10k.co.uk; www.friethhilly10k.co.uk **COST** £12/£14 **C/D** 8/10 **E/D** YES, £16

Going the distance

October's 214 events broken down by distance



SCOTLAND

ROAD • FLAT
JOGSCOTLAND ONE BIG WEEKEND GLASGOW
VENUE Bellahouston Park, Glasgow, 4pm **CONTACT** GSI Events Ltd; www.jogscotlandonebigweekend.com **COST** £9.99/£11.99 **E/D** NO

STAFFORDSHIRE

TRAIL • RURAL
THE MILFORD MASH UP 10K 2015
VENUE Milford Common, Brocton Road, Stafford, 11am **CONTACT** Mash Running; support@mashrunning.co.uk; www.mashrunning.co.uk **COST** £13.50 **C/D** 5/10 **E/D** NO

SURREY

TRAIL • RURAL
9BAR9X9 TRAIL RUNNING ULTRA (+)
VENUE Loseley Park, Guildford, 9am **CONTACT** Neil Thubron; info@xnrg.co.uk; www.9bar9x9.com **COST** £48 **E/D** NO

SUSSEX

THE COLOR RUN BRIGHTON
VENUE Madeira Drive, Brighton, 11am **CONTACT** Challenger World; www.TheColorRun.co.uk **COST** £26 **E/D** NO

TYNE & WEAR

TRAIL
NEWCASTLE STAMPEDE 10K (+)
VENUE Newcastle Racecourse, Newcastle, 7am **CONTACT** Helen Wright; 0845 130 8663; events@bhf.org.uk; www.bhf.org.uk/stampede **COST** £32 **C/D** 19/9 **E/D** NO

WEST MIDLANDS

TRAIL • RURAL
ALDRIDGE POPPY RUN, JOG, WALK 5K
VENUE Aldridge Airport, Bosty Lane, Walsall, 10:30am **CONTACT** Anne Herold; 07729 278 003; walsallpoppyrun@gmail.com; <https://www.facebook.com/aldridgepoppyrun> **COST** £10 **C/D** 8/10 **E/D** YES

SUNDAY OCTOBER 11

CAMBRIDGESHIRE

TRAIL • RURAL • FLAT
GRANTCHESTER 10K & 3K (+)
VENUE Grantchester, Cambridge, 10:30am **CONTACT** Steve Wilson; 0845 0200 350; 07825 815 891; steve@hotelresuk.com; www.grantchesterccricket.com **COST** £15 **C/D** 4/10 **E/D** YES, +£5

TRAIL • RURAL

GRANTCHESTER CHARITY RUN
VENUE Grantchester Meadows, 57 Broadway, Grantchester, Cambridge, 10:30am **CONTACT** Steve Wilson; 07825 815 891; steve@hotelresuk.com; www.grantchesterccricket.com/2015-grantchester-charity-runs/ **COST** £12 **E/D** YES, +£3

ROAD • URBAN • FLAT

PERKINS GREAT EASTERN RUN (+)
VENUE Town Hall, Bridge Street, Peterborough, 10:30am **CONTACT** Susan Ellingworth; 01733 207 210; perkinsgreateasternrun@peterborough.gov.uk; www.perkinsgreateasternrun.co.uk/ **COST** £23/£25 **C/D** 2/10 **E/D** NO

DERBYSHIRE

TRAIL • RURAL
PEAK DISTRICT TRAIL RUNNING SERIES - 3 (+)
VENUE Errwood Reservoir, Buxton, 8:30am **CONTACT** Oliver Holmes; ol.holmes@gmail.com; trailrunningpeaks.co.uk/ **COST** £12.50 **C/D** 1/10 **E/D** YES, +£3

ROAD • URBAN • RURAL

SPORTING FUTURES DERBY CITYHALF MARATHON (+)
VENUE University of Derby, Kedleston Road, Derby, 9am **CONTACT** Events Team; 01773 841 423; events@sporting-futures.org.uk; www.sfevents.org.uk/ **COST** £23/£25 **C/D** 11/9 **E/D** NO

DORSET

ROAD • URBAN • RURAL • HILLY
GOLD HILL RACE
VENUE Shaftesbury School, Hawkesdene Lane, Shaftesbury, 11am **CONTACT** Inès Braun; 01935 816 396 [eve]; GillinghamTrotters@hotmail.com; www.goldhill10k.co.uk **COST** £6/£8 **C/D** 3/10 **E/D** YES, +£2

TRAIL • RURAL

STUDLAND STAMPEDE 2015
VENUE National Trust Visitors Centre, Knoll Beach car park, Studland Bay, Off Ferry Road (B8351), Studland, 11am **CONTACT** Victoria Turner; victoria.turner@studlandstampede.co.uk; www.studlandstampede.co.uk **COST** £18 **C/D** 2/10 **E/D** YES, +£12

GLOUCESTERSHIRE

TRAIL • RURAL
FOREST OF DEAN MARATHON (+)
VENUE Mallards Pike, Nr Parkend, Coleford Forest Of Dean, 10am **CONTACT** Andy Maxted; 07779 405 574; andymax37@hotmail.co.uk; www.Trimaxevents.com **COST** £15 **C/D** 9/10 **E/D** YES, +£5

GREATER LONDON

TRAIL • URBAN • RURAL
THE PETTS WOOD 10K
VENUE Willett Recreation Ground, Crossways, Petts Wood, 10:30am **CONTACT** Richard Dunstan; 01689 870 010; 07916 329 024 coach@pettswoodrunners.org; www.pettswoodrunners.org **COST** £16/£18 **C/D** 28/9 **E/D** NO

HERTFORDSHIRE

TRAIL • RURAL
RIDGEWAY RUN 15.5K
VENUE Tring Park Cricket Club, Tring, 10am **CONTACT** Judi Hopcroft; ridgewayrun@tringrunningclub.org.uk; www.tringrunningclub.org.uk/RidgewayRun **COST** £8/£10 **C/D** 9/10 **E/D** YES, +£3

TRAIL • RURAL

THE HERTS 10K
VENUE Rothamsted Research, Harpenden, 10am **CONTACT** Ruth Proudfoot; 01442 820 740; herts10k@rennigrove.org; www.herts10k.com **COST** £22 **E/D** NO

ISLE OF WIGHT

ROAD • URBAN • RURAL
59TH ISLE OF WIGHT MARATHON
VENUE Isle of Wight Community Club, 195 Park Road, Cowes, 11:30am **CONTACT** Christopher Lewis; 01983 616 497; aces@rydeharriers.co.uk; www.rydeharriers.co.uk **COST** £14/£17 **C/D** 3/10 **E/D** YES, +£3

KENT

ROAD • URBAN
GIVAUDAN ASHFORD 10K
VENUE Julie Rose Stadium, Willesborough Road, Ashford, 10am **CONTACT** Barry Hopkins; 01227 722 931; contact@sportingeventssuk.com; www.sportingeventssuk.com **COST** £15/£17 **E/D** YES, +£5

LEICESTERSHIRE

TRAIL • RURAL
THE 4TH COALVILLE 10K (+)
VENUE Snibston Country Park, Ashby Road, Coalville, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £12/£14 **C/D** 4/10 **E/D** YES, +£2

LINCOLNSHIRE

TRAIL • RURAL
EATON STAMPEDE
VENUE Eaton Community Park, Main Street, Eaton, 11am **CONTACT** Stephanie Janney; 01476 870 861 [eve]; pbjanney@tesco.net; Eaton Stampeded on Facebook **COST** £7.50/£10 **C/D** 3/10 **E/D** YES, £12/£15

NORFOLK

TRAIL • RURAL
MARRIOTT'S WAY 10K

VENUE Marriott's Way, Aylsham, 11am **CONTACT** Maria Alborough; 01603 430 570; sport@broadland.gov.uk; www.broadland.gov.uk/mw10k **COST** £12/£14 **C/D** 4/10 **E/D** YES, +£3

NORTHUMBERLAND

ROAD • RURAL
RUN NORTHUMBERLAND MATFEN 10K
VENUE Matfen, Hexham, 10am **CONTACT** Richard Hunter; 07545 140 810; 07468 416 900; info@run-nation.org; run-nation.org/matfen-10k **COST** £12.50/£14.50 **C/D** 5/10 **E/D** YES, £15/£17.50

OXFORDSHIRE

TRAIL • URBAN • RURAL
HENLEY HALF MARATHON (+)
VENUE Henley Rugby Club, Dry Leas, Marlow Road, Henley-On-Thames, 9:30am **CONTACT** Peter Wilkinson; 01491 572 818; 07730 766 941; pjwilk46@aol.com; Henley Half Marathon **COST** £25 **C/D** 28/9 **E/D** YES, +£5

SCOTLAND

ROAD • FLAT
JOGSCOTLAND ONE BIG WEEKEND EDINBURGH
VENUE Holyrood Park, Edinburgh, 4pm **CONTACT** GSI Events Ltd; www.jogscotlandonebigweekend.com **COST** - **E/D** NO

SOMERSET

TRAIL • RURAL
THE FESTIVAL RUN 10K (+)
VENUE Worthy Farm, Pilton, 11am **CONTACT** Julia Dukes; thefestivalrun@gmail.com; www.piltonvillage.co.uk/festival-run.html **COST** £11/£13 **E/D** NO

SURREY

ROAD • URBAN • FLAT
GARMIN KINGSTON RUN CHALLENGE (+)
VENUE Kingston Upon Thames, 8am **CONTACT** Human Race; 0208 391 3913; www.humanrace.co.uk; humanrace.co.uk/events/running/kingston-run-challenge **COST** TBC **E/D** NO

TRAIL • RURAL • HILLY

TRIONUM GREENSAND MARATHON (+)
VENUE The Priory School, West Bank, Dorking, 10am **CONTACT** Robert McCaffrey; www.trionium.com/greensand **COST** £43/£45 **E/D** NO

SUSSEX

TRAIL • URBAN • RURAL
CHICHESTER HALF MARATHON
VENUE Chichester College, Westgate Fields, Chichester, 9am **CONTACT** Emily Dadson; +44124 353 8530; chihalf@childrenonthedee.org; www.chihalf.co.uk **COST** £26/£27 **C/D** 8/10 **E/D** NO

TRAIL • RURAL • HILLY

JOG SHOP JOG 20
VENUE Brighton Marina, Brighton, 9am **CONTACT** Sam Lambourne; 01273 675 717; jogshop@btconnect.com; www.jogshop.co.uk **COST** £15/£18 **C/D** 6/10 **E/D** YES, £20

TRAIL • RURAL

MUD MONSTERS RUN
VENUE Mud Monsters, Stuart Way, East Grinstead, 9am **CONTACT** Rebecca Large; info@mudmonstersrun.co.uk; www.mudmonstersrun.co.uk/ **COST** TBC **E/D** YES, £45 unaffiliated

WEST MIDLANDS

TRAIL
CINDERPATH 10K
VENUE Sutton Park, Park Road, Sutton Coldfield, 11am **CONTACT** martin smith; 07774 851 466; msmith1966@sky.com; www.pools.org.uk **COST** £12 **C/D** 4/10 **E/D** YES, +£3

TRAIL • RURAL

TAMWORTH 10K
VENUE Castle Ground, Tamworth, 10:30am **CONTACT** paul griffin; 07947 698 147; griffin@aol.com; kpevents.net **COST** £18/£20 **C/D** 1/10 **E/D** YES, £20

WILTSHIRE

ROAD • RURAL
CHALKE VALLEY CHALLENGE (+)
VENUE Chalke Valley Sports Centre, Knighton Road, Broad Chalke, 10:30am **CONTACT** Mchaela Johns; 01722 780 915; ivonhouse@hotmail.co.uk; www.chalkevalleychallenge.co.uk **COST** £10/£11 **E/D** YES, +£3

TRAIL • RURAL

MARSHFIELD MUCLARK 11K (+)
VENUE Marshfield Cricket Club, Marshfield, Chippenham, 10:30am **CONTACT** David Bethune; mudlark@corshamrunningclub.co.uk; www.corshamrunningclub.co.uk **COST** £8/£10 **C/D** 26/9 **E/D** YES, +£2

ROAD • URBAN • RURAL

SWINDONHALF MARATHON (+)
VENUE Pipers Way, Swindon, 10:30am **CONTACT** Katie Taylor-Neale; 01737 814 844 [day]; 07867 358 708 [eve]; communications@seqol.org; www.swindonhalfmarathon.org.uk **COST** £23/£25 **C/D** 1/9 **E/D** NO

TRAIL • RURAL • FLAT

WESTBURY LIONS 10K
VENUE White Horse Country Park, Westbury, 11am **CONTACT** Jarvis MacDonald; Secretary@westburylions.org.uk; www.westburylions.org.uk **COST** £8 **E/D** YES, +£2

YORKSHIRE

THE PLUSNET YORKSHIRE MARATHON

VENUE York, 9:30am **CONTACT** 0113 826 7761; info@theyorkshiremarathon.com; www.theyorkshiremarathon.com **COST** £26/£28 **E/D** NO

MONDAY OCTOBER 12

LONDON

ROAD • URBAN • RURAL • FLAT
ROYAL PARKS ULTRA MARATHON - TEAM TOMMY'S
VENUE Hyde Park, London, 8:30am **CONTACT** Devina Ganas; 020 7398 3453; DGanas@tommys.org; www.tommys.org/ultramarathon **COST** - **E/D** NO

SATURDAY OCTOBER 17

CHESHIRE

TRAIL • RURAL • HILLY
HELL UP NORTH
VENUE Delamere Forest Park Delamere, Northwich, 10am **CONTACT** Trail Plus; 03332 400 616; 03332 400 616; info@trailplus.com **COST** TBC **E/D** NO

DERBYSHIRE

TRAIL • RURAL • HILLY
STUART LEARMOUTH MEMORIAL UNDLATOR
VENUE Stoney Wood, B5023, Wirksworth, 10:30am **CONTACT** Andrew Rose; 07766 457 649; andrew_d.rose@yahoo.co.uk; wirksworthrunningclub.org.uk/racing/undulator-stuart-learmouth-memorial/ **COST** £5/£7 **C/D** 15/10 **E/D** YES

KENT

TRAIL • RURAL
SPOOKY SPRINT KENT 2015 10K (+)
VENUE The Hop Farm Family Park, Paddock Wood, Tonbridge, 5:30pm **CONTACT** Parkinson's Events; 020 7932 1314; events@parkinsons.org.uk; www.parkinsons.org.uk/hopfarm **COST** £23/£25 **E/D** YES, £30

LINCOLNSHIRE

TRAIL • RURAL
GRUESOME TWOSOME HALF MARATHON
VENUE Swallow Inn, Swallow, 11am **CONTACT** Nicola Clifford; 07919 603 800; 07919 603 800; info@tape2tape.co.uk; www.gruesome-twosome.co.uk **COST** £19/£21 **E/D** NO

LONDON

ROAD • FLAT
RUN FOR OSTEOPOROSIS 5K-10K (+)
VENUE Hyde Park, Westminster, London, 9:30am **CONTACT** Andrea Magold; 07426 946 927; info@pbracevents.co.uk; www.pbracevents.co.uk **COST** £18/£20 **C/D** 16/10 **E/D** NO

NORTHUMBERLAND

TRAIL • URBAN • RURAL
SANDSTONE WAY ULTRA (+)
VENUE Berwick-upon-tweed, 8am **CONTACT** Tim Bateson; 07734 309 500; tim@trailoutlaws.com; www.trailoutlaws.com **COST** £10 **C/D** 1/9 **E/D** NO

NOTTINGHAMSHIRE

TRAIL
CLUMBER PARK 10K
VENUE Clumber Park, Blythe Road, Nottingham, Noon **CONTACT** Linda Hamilton; 01427 178 888; info@onestepbeyond.org.uk; www.onestepbeyond.org.uk **COST** - **E/D** NO

SUFFOLK

TRAIL • RURAL • FLAT
KINGS FOREST 50KM (+)
VENUE West Stow Country Park, Bury St Edmunds, 11am **CONTACT** Kevin Marshall; 07955 495 016; 01284 716 483; kevin@positivestepspt.co.uk; www.positivestepspt.co.uk/events/kingsforestmarathon/ **COST** £28/£30 **C/D** 1/10 **E/D** NO

TRAIL • RURAL • FLAT

KINGS FOREST 50KM ULTRA (+)
VENUE West Stow Country Park, Bury St Edmunds, 8am **CONTACT** Kevin Marshall; 44795 549 5016; kevin@positivestepspt.co.uk; www.positivestepspt.co.uk/events/kings-forest-50km-2/ **COST** £28/£30 **C/D** 1/10 **E/D** NO

SURREY

TRAIL • RURAL • HILLY
THE ECHO CHALLENGE (+)
VENUE Polesden Lacey, Greak Bookham, Dorking, 9:30am **CONTACT** Becky Russell; 01483 720 459; becky@aat-events.com; www.echochallenge.co.uk **COST** - **E/D** NO

TRAIL • URBAN • RURAL • FLAT

THE RICHMOND AUTUMN RIVERSIDE 10K RUN
VENUE Ham Street, Richmond, 9:30am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixuk.com; <https://thefixuk.com/richmond-autumn-riverside-10k-2015> **COST** £20 **C/D** 1/10 **E/D** NO

YORKSHIRE

TRAIL • URBAN • RURAL
ROWBOTHAMS ROUND ROTHERHAM 50 INC 8-STAGE RELAY
VENUE Dearne Valley College Sports, Manvers Park, Wath, Rotherham, 6am **CONTACT** Sharon Burton; 07426 625 309; rrrsharon@aol.com; www.rotherhamharriers.org/trailandfell/rrio.php **COST** £13/£15 **E/D** YES, £18

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SUNDAY OCTOBER 18

BEDFORDSHIRE

•TRAIL

AMPTHILL TROPHY 8K (+)

VENUE Ampthill Park, Woburn St, Ampthill, 11am
CONTACT David Stanley; 07740 737 445; RaceDirector@AmpthillTrophy.org.uk; www.AmpthillTrophy.org.uk **COST** £8/£10 **E/D** YES, £12

•ROAD •RURAL •FLAT

BEDFORD AUTODROME 10K ROAD RACE (+)

VENUE Bedford Autodrome, Thurlleigh Airfield Business Park, Thurlleigh, Bedford, 10am **CONTACT** Keith Ritchie; 07539 213 097; keith@nicettri.co.uk; www.nicettri.co.uk **COST** £15 **E/D** YES, +£5

CAMBRIDGESHIRE

•ROAD •RURAL •FLAT

FENLAND 10

VENUE Marshland High School, West Walton, Wisbech, 10:30am **CONTACT** Tom Salway; 01406 425 567; 07443 509 406; fenland10@outlook.com; fenlandrunningclub.co.uk **COST** £14/£16 **C/D** 16/10 **E/D** YES, +£2

CHESHIRE

•ROAD •RURAL

FARNDON 10K

VENUE Farndon Sports & Social Club, Farndon, Chester, 9:30am **CONTACT** Michael Harrington; 07443 500 475; harringtonm72@gmail.com; www.cutefruitevents.com **COST** £11/£13 **E/D** YES, +£2

DORSET

•ROAD •URBAN •FLAT

RUN DORSET - CHRISTCHURCH 10K (+)

VENUE Stanpit Recreation Ground, Christchurch, 9:30am **CONTACT** Claire Smith; 07968 976 116; info@runderset.co.uk; www.runderset.co.uk **COST** £16/£18 **E/D** YES, +£2

•ROAD •URBAN

WEYMOUTH 10

VENUE The Pavilion, The Esplanade, Weymouth, 9:30am **CONTACT** Damian Summerscales; 07955 485 525; damtan@tiscali.co.uk; www.egdonheathharriers.com **COST** £13/£15 **C/D** 16/10 **E/D** YES, +£2

ESSEX

•ROAD •URBAN •RURAL

CHELMSFORD MARATHON 2015

VENUE Shire Hall, Tindal Square, Chelmsford, 11am **CONTACT** Lucy Burgess; 01245 475 474; marathon@thejshospace.org.uk; chelmsfordmarathon.org.uk **COST** -

HAMPSHIRE

•ROAD •RURAL •HILLY

DENMEAD 10K

VENUE 1st Denmead Scout Group HQ, Kidmore Lane, Denmead, 10am **CONTACT** Paul Hiles; denmead10k@gmail.com; denmeadstriders.co.uk/denmead_10k.htm **COST** £11/£13 **C/D** 5/10 **E/D** NO. Prices TBC

•TRAIL •RURAL

NEW FOREST STINGER (+)

VENUE Ocknell Caravan Park & Campsite, Fritham, Lyndhurst, 10am **CONTACT** New Forest Stinger; trc.stinger@btinternet.com; www.tottonrunningclub.co.uk/#stinger/ca3a **COST** £13/£15 **C/D** 9/10 **E/D** YES, +£2

•ROAD •RURAL

TADLEY RUNNERS 10 M

VENUE Hurst Leisure Centre, Brimpton Road, Bournemouth, 10am **CONTACT** Barrie Tribe; 01189 816 735; 07771 609 509; trimon43@aol.com; www.tadleyrunners.co.uk/ **COST** £14/£16 **E/D** YES, +£1

HEREFORDSHIRE

•TRAIL •RURAL •HILLY

MUD RUNNER CLASSIC (+)

VENUE Eastnor Castle Estate, Eastnor, Ledbury, 11am **CONTACT** Kate Watson; 01782 384 165; 07879 666 321; enquiries@mudrunner.co.uk; www.mudrunner.co.uk **COST** TBC **C/D** 2/10 **E/D** NO

LANCASHIRE

•ROAD •URBAN •FLAT

LYTHAM GREEN DRIVE FIVE (+)

VENUE Green Drive, Ballam Road, Lytham, 11am **CONTACT** Mark Selby; 07854 416 813; 44785 441 6813; greendrivefive@gmail.com; https://bookitzone.com/mark_selby/cl2FFX **COST** £10/£12 **C/D** 15/10 **E/D** YES

LINCOLNSHIRE

•TRAIL •RURAL

SPIRES AND STEEPLES CHALLENGE 26 (+)

VENUE Lincoln - Sleaford, Lincoln, 9:30am **CONTACT** Donna Sutton; 01522 870 273; eventsofficer@liffe.co.uk; spiresandsteeples.com **COST** £18 **C/D** 12/10 **E/D** YES, +£3

LONDON

•ROAD •FLAT

10K ANNUAL RUN FOR WOMAN'S TRUST (+)

VENUE The Hub, Regents Park, London, 10am **CONTACT** Shirelle S; 020 7034 0303; events@womanstrust.org.uk; www.womanstrust.org.uk **COST** £10 **C/D** 15/10 **E/D** YES, +£10

•TRAIL •FLAT

CAPITAL RUNNERS BUSHY PARK 10K

VENUE Bushy Park, Hampton, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £16/£18 **C/D** 14/10 **E/D** YES, £20

•ROAD •FLAT

CLISSOLD PARK RELAY

VENUE Clissold Park, Green Lanes, London, 10am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; atnd.it/29018-1 **COST** - **E/D** NO

•TRAIL

INNOVATION SPORTS VIVOBAREFOOT 10K RACE SERIES RACE 2015 (+)

VENUE Bandstand, Clapham Common, Clapham, 10am **CONTACT** Running Team; 0845 257 1160; running@innovationsports.co.uk; www.innovationsports.co.uk/enter-a-race.html **COST** £17.75 **C/D** 12/10 **E/D** YES, +£22.5

•ROAD •URBAN •RURAL •FLAT

PUTNEY & FULHAM RIVERSIDE HALF MARATHON

VENUE Barn Elms Sports Centre, Queen Elizabeth Walk, London, 9am **CONTACT** Race Secretary admin@energizedsports.com; www.energizedsports.com **COST** £19/£21 **E/D** YES, £35

•TRAIL •FLAT

THE CAPITAL RUNNERS BUSHY PARK 5K

VENUE Bushy Park, Hampton, London, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £11/£13 **C/D** 10/3 **E/D** YES, +£2

MERSEYSIDE

•ROAD •FLAT

BEAT THE REAPER 10K

VENUE Croxeth Country Park, croxeth, Liverpool, 10am **CONTACT** Joanne Moody; info@poolrunnings.co.uk; www.poolrunnings.co.uk **COST** £13/£15 **E/D** NO

OXFORDSHIRE

•TRAIL •RURAL

FRIETH HILLY 10K (+)

VENUE Frieth CEC School, Frieth, Henley-on-Thames, 10am **CONTACT** Diane Hill; 07715 303 563; applications@friethilly10k.co.uk; www.friethilly10k.co.uk **COST** £12/£14 **C/D** 1/10 **E/D** YES, £16

•ROAD

ROTARY BLENHEIM 10K (+)

VENUE Blenheim Palace, Woodstock, 10:30am **CONTACT** Chris Wallworth; raceadmin@wallworth.co.uk; www.rotaryblenheim10.co.uk **COST** £14 **C/D** 11/10 **E/D** YES, +£3

SCOTLAND

•TRAIL •URBAN •RURAL

MEN'S HEALTH SURVIVAL OF THE FITTEST - EDINBURGH

VENUE Edinburgh, Princes Street Gardens, Edinburgh, 10am **CONTACT** Rat Race Events; events@ratrace.com; www.mhsurvival.co.uk/ **COST** £55 **E/D** NO

•ROAD •RURAL •FLAT

RUN SCOTLAND LOCH RANNOCH MARATHON

VENUE Kinloch Rannoch, Kinloch, 9:30am **CONTACT** Richard Hunter; 07545 140 810; info@run-nation.org; www.runscotland.org **COST** £29/£31 **C/D** 20/9 **E/D** YES, +£11

SUFFOLK

•TRAIL •RURAL

SAXONS 5 MILE RACE (+)

VENUE Carlton Park Recreational Club, Saxmundham, 11am **CONTACT** Ann Granger; 01728 831 485; 07875 047 899; annlesley.granger@gmail.com; www.thesaxons.org.uk **COST** £10/£12 **C/D** 12/10 **E/D** YES, +£2

SURREY

•TRAIL •URBAN •RURAL •FLAT

FAIROAKS FIVE & TEN (+)

VENUE Fair Oaks Airport, Woking, 10:30am **CONTACT** Ellie Barnes; 07872 805 883; ellie@barnesfitness.co.uk; www.barnesfitness.co.uk/event/fairoaks-five-ten **COST** £14/£16 **E/D** YES, +£2

•TRAIL •RURAL •HILLY

KELLYS LOSELEY CROSS COUNTRY

HALF MARATHON (+)

VENUE Loseley House, Compton Lane, Guildford, 9am **CONTACT** Rory Macpherson; 07863 137 132; rory.macpherson@kellystore.co.uk; www.kellystore.org **COST** TBC **E/D** YES, £30

•ROAD •URBAN •RURAL

LEXUS CROYDON 10K (+)

VENUE Lloyd Park Avenue, Croydon, 10:15am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £13/£15 **C/D** 15/10 **E/D** YES, £20

•TRAIL •URBAN •RURAL •FLAT

RIVER THAMES HALF MARATHON

VENUE Walton Bridge, Walton-on-Thames, 8:30am **CONTACT** Roy Reeder; 020 8941 4015; riverthamesrunning@hotmail.co.uk; www.riverthamesrunning.co.uk **COST** £27/£29 **E/D** NO

SUSSEX

•ROAD •URBAN •FLAT

BRIGHT10 - BRIGHTON & HOVE

VENUE Brighton And Hove, 9am **CONTACT** Runbase Limited; bright10@runbase.co.uk; www.bright10.co.uk **COST** £27/£29 **E/D** NO

•ROAD •RURAL •FLAT

WORTHING SEAFRONT 10K

VENUE Worthing Rowing Club, Splash Point, Marine Parade, Worthing, 11am **CONTACT** Mark Caswell; 0797 783 1519; mark.caswell@btinternet.com; www.mccpromotions.com **COST** £13 **C/D** 13/10 **E/D** YES

WALES

•TRAIL •RURAL •HILLY

PONTY PLOD

VENUE Llandegfedd Reservoir, New Inn, Pontypool, 10am **CONTACT** Christine Vorres; 01495 758 831; 07714 136 714; chris.vorres@goolemail.com; www.pontypoolrunners.co.uk **COST** £12/£14 **C/D** 14/10 **E/D** YES

WEST MIDLANDS

•ROAD •URBAN

GREAT BIRMINGHAM RUN

VENUE Birmingham, 10:30am **CONTACT** Great Run; info@greatrun.org; www.greatrun.org/birmingham **COST** £35 **E/D** NO

WILTSHIRE

•ROAD •URBAN •RURAL •FLAT

GRITTLETON 10KM

VENUE Grittleton Village Hall, Grittleton, Chippenham, 10:30am **CONTACT** Race Director; info@cadence-events.co.uk; www.cadence-events.co.uk **COST** £12/£14 **C/D** 9/10 **E/D** NO

•TRAIL •RURAL •HILLY

WHITE HORSE GALLOP 8

VENUE Leighton Recreation Centre, Wellhead Lane, Westbury, 10am **CONTACT** Entries Secretary; stampedsports@yahoo.co.uk; www.stampedsports.co.uk **COST** TBC

FRIDAY OCTOBER 23

ISLE OF WIGHT

•TRAIL •RURAL •FLAT

GHOST RUNNER 5K

VENUE Parkhurst Forest, Forest Road, Newport, 7pm **CONTACT** Gareth Shilton; info@gpsport.org; www.gpsport.org/product-p/gr2015.htm **COST** £7.50 **C/D** 10/10 **E/D** YES, +£2.50

SATURDAY OCTOBER 24

GREATER MANCHESTER

•TRAIL •FLAT

MANCHESTER RELAYS

VENUE Wythenshawe Sports Ground, Willenhall Road, Wythenshawe, Manchester, 1pm **CONTACT** Sam Drinkwater; 07952 979 688; samdrinkwater.sd@goolemail.com; www.umacc.com/manchester-relays/ **COST** £20 **C/D** 18/10 **E/D** YES, +£5

LEICESTERSHIRE

•TRAIL

THE EXERCIST (+)

VENUE Exton Park, Exton, Noon **CONTACT** David Chapman; 07512 659 660; info@wackyevents.com; www.facebook.com/exercist25 **COST** £70 **E/D** NO

LONDON

•ROAD •FLAT

SELF TRANSCENDENCE 10K

VENUE Rosery Car Park, Battersea Park, London, 8am **CONTACT** Shankara Smith; 0207 222 1314; 07734 298 024; races@runandbecome.com; uk.srichinmoyraces.org/races/london **COST** £8/£10 **C/D** 17/10 **E/D** YES, +£1

SUFFOLK

•TRAIL •RURAL

ENDURANCELIFE CTS SUFFOLK (+)

VENUE Dunwich, 7am **CONTACT** James Barker; 01548 312 314; support@endurancelife.com; www.endurancelife.com/event-new.asp?series=82 **COST** £30 **E/D** NO

SURREY

•TRAIL •RURAL

NIGHT FRIGHT (+)

VENUE Chantries Woodlands, Pilgrims Way, Guildford, 6pm **CONTACT** Becky Russell; 01483 720 459; becky@aat-events.com; www.nightfrigh.net **COST** £12 **E/D** NO

WALES

•TRAIL •RURAL •HILLY

THE SNOWDONIA MARATHON

VENUE Llanberis, Caernarfon, Gwynedd LL55, UK, 10:30am **CONTACT** snowdoniamarathon.co.uk; snowdoniamarathon@btinternet.com **COST** £30/£32 **E/D** -

YORKSHIRE

•TRAIL •RURAL •HILLY

THE PAIN BARRIER - PARKWOOD

VENUE Parkwood 4x4, Tong, Bradford, 11am **CONTACT** The PainBarrier; thepainbarrier@gmail.com; thepainbarrier.co.uk **COST** £20 **E/D** NO

SUNDAY OCTOBER 25

CUMBRIA

•ROAD •URBAN •RURAL

HEART OF EDEN HALF MARATHON

VENUE Appleby Sports Centre, Battlebarrow, Appleby, 10:30am **CONTACT** Jane Oakley; 07886 088 938; jo@live.co.uk; www.rotary-ribi.org/clubs/page.php?PgID=498 3938ClubID=1129 **COST** £20/£22 **C/D** 11/9 **E/D** YES, +£3

DORSET

•TRAIL •RURAL •HILLY

THE STICKLER 10.1

VENUE Shillingstone Church Centre, Shillingstone, Blandford Forum, 10:30am **CONTACT** Tracey Horan; 07933 327 328; entries@thestickler.co.uk; www.thestickler.co.uk/ **COST** £12/£14 **E/D** YES, +£2

ESSEX

•ROAD •RURAL •FLAT

THURROCK 10K

VENUE Royal Hotel, London Road, Purfleet, 11am **CONTACT** Mark Caswell; 0797 783 1519; mark.caswell1@btinternet.com; www.mccpromotions.com **COST** £13 **C/D** 20/10 **E/D** YES

GLOUCESTERSHIRE

•TRAIL •RURAL

NIGHTMARE TRAIL RUN 10K

VENUE Withington Manor Estate, Withington, Cheltenham, 10am **CONTACT** Andy Macted; 01452 712 508; 07779 405 574; andymax37@hotmail.co.uk; www.trimaxevents.com **COST** £25 **C/D** 22/10 **E/D** YES, +£5

•ROAD •URBAN •RURAL •FLAT

STROUD HALF MARATHON

VENUE Marlings Court, Cainscross Road, Stroud, 10



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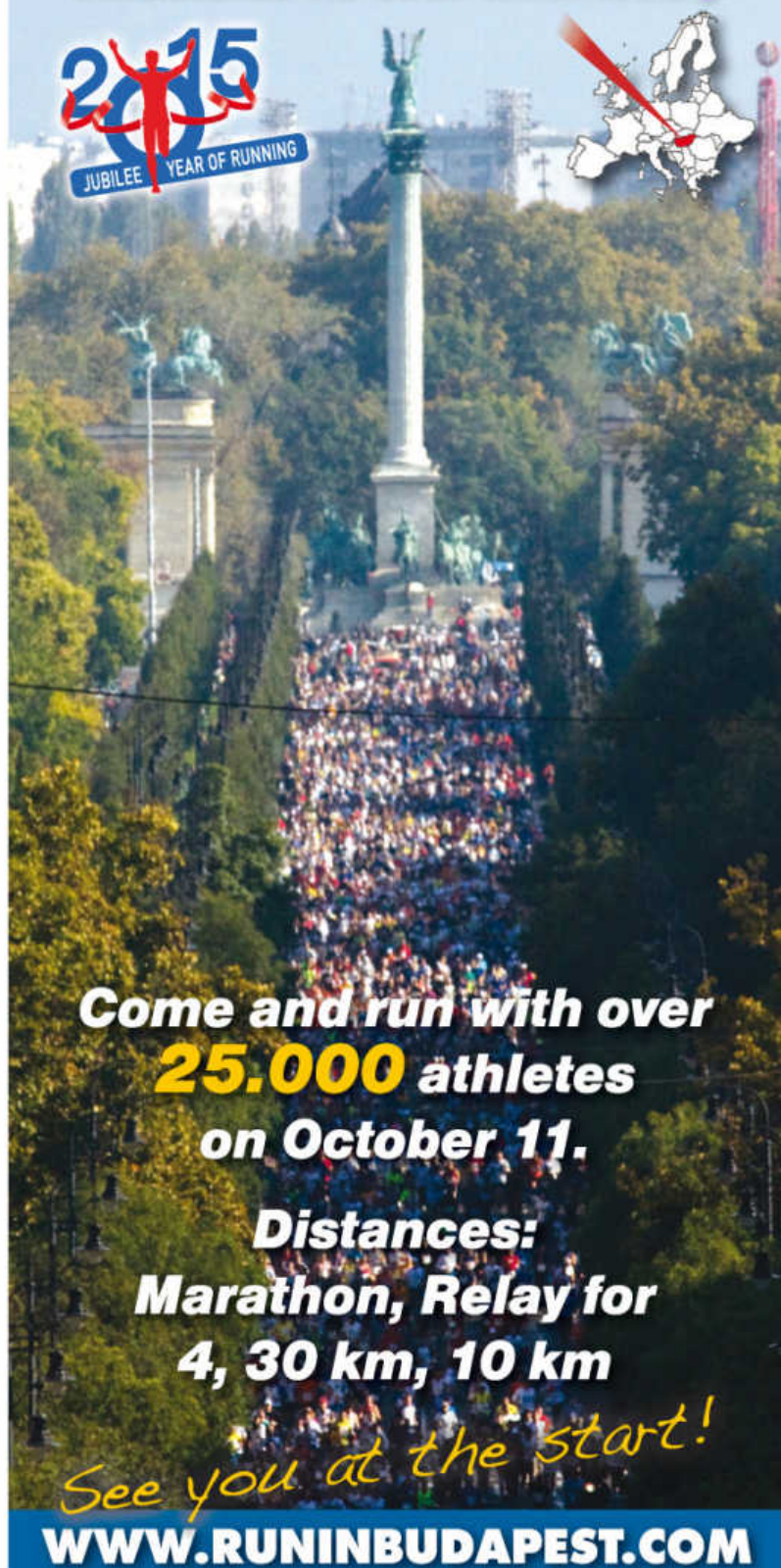
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SUFFOLK

•TRAIL

CROSS COUNTRY RUN PART 2

VENUE Ickworth House, The Rotunda, Bury St Edmunds, 10am **CONTACT** Ashley Edwards; info@insaneterrainrunning.com; www.insaneterrainrunning.com **COST** £18 **E/D** YES, +£2

SUSSEX

•TRAIL •URBAN •RURAL

K2 CRAWLEY 10K (+)

VENUE K2 Crawley, Pease Pottage Hill, Crawley, 10:30am **CONTACT** Martin Burke; 01797 230 009; 07802 603 180; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £13/£15 **E/D** YES, +£2

WALES

•TRAIL •RURAL

RAS DAU FRYN

VENUE Butchers Arms, Tegrnyn, Llanfrynach, 10am **CONTACT** Floyd James; 01239 698 352; 07772 227 964; rjames19@btinternet.com **COST** £5 **E/D** YES

•TRAIL •URBAN •RURAL •HILLY

RON SKILTON MEMORIAL HALF MARATHON

VENUE The Square, Llanwrtyd Wells, 11am **CONTACT** Catherine Ketteringham; 01591 610 666; ron_skilton_half_marathon@yahoo.com; www.green-events.co.uk **COST** £10 **C/D** 10/10 **E/D** YES, +£2

WARWICKSHIRE

•TRAIL •RURAL

CRISPIN CRISPAN MARATHON (+)

VENUE Stratford-upon-Avon Cricket & Sports Club, Swans Nest Lane, Stratford-upon-avon, 9am **CONTACT** Christopher Seeny; 07982 240 521; Seeny@leve.com; 01386 642 186; chriseeny63@gmail.com; www.broadmeadowruns.co.uk **COST** £25/£27 **C/D** 19/8 **E/D** NO

•ROAD •RURAL •HILLY

TEMPO 10K WINTER ROAD RACE 1

VENUE Ilmington Sports & Social Club, Mickleton Road, Stratford-upon-Avon, 10:30am **CONTACT** Sarah Bland; 07540 287 781; 01789 267 337; 01771 795 333 - Rob; info@tempoevents.co.uk; www.tempoevents.co.uk **COST** £10/£12 **E/D** YES, +£2

YORKSHIRE

•ROAD •RURAL

THE HOLMFIRTH 15 MILE RACE (+)

VENUE Holmfirth Community Sports Centre, Heys Rd, Holmfirth, 9:35am **CONTACT** Dene Townend; holmfirthtraces@gmail.com; www.holmfirthtraces.com/club-events-a-results **COST** £17/£19 **E/D** YES, +£2

FRIDAY OCTOBER 30

HAMPSHIRE

•TRAIL •FLAT

GHOST RACE FOUR (SPOOKTACULAR)

VENUE Alexandra Park, Mountbatten centre, Portsmouth, 6:45pm **CONTACT** rob piggett; 07780 675 747; fitprorob@hotmail.com; https://fitprorob.primo-solutions.co.uk/ps/event/ TheGhostRaceSpooktacular2015 **COST** £17 **E/D** YES, +£8

LEICESTERSHIRE

•TRAIL

THE HOPE SKELETON RUN 5M

VENUE Lower Car Park, The Beacon Hill Country Park, Breakback Lane, Woodhouse Eaves, Loughborough, 7:30pm **CONTACT** Gaynor Prior; 0800 298 7376; 0796 883 6549; info@theskeletonrun.co.uk; www.theskeletonrun.co.uk **COST** £20 **E/D** NO

LONDON

•ROAD

BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K

VENUE The Bandstand, Hyde Park, London, 12:30pm **CONTACT** Malcolm French; 020 8422 3900; Mlfofm5k@serpentine.org.uk; www.serpentine.org.uk/pages/lfotm5k.html **COST** £2/£4 **C/D** 16/10 **E/D** NO

SATURDAY OCTOBER 31

BERKSHIRE

•TRAIL •FLAT

HALLOWEEN 5 NITE RUN

VENUE Water Meadow, Thames Valley Park, Reading, 8pm **CONTACT** Cliff Hilton; 07774 754 141; cliff.hilton@oracle.com; www.halloween5niterun.co.uk **COST** £14/£16 **C/D** 27/10 **E/D** NO

BUCKINGHAMSHIRE

•TRAIL •RURAL

BURNHAM BEECHES 5K & 10K RUN

VENUE Victory Cross, Lord Mayors Drive, Farnham Common, 10:30am **CONTACT** Michael Mills; 07850 484 872; 01753 642 330; michael.mills@burnhambeechesrun.co.uk; www.burnhambeechesrun.co.uk **COST** £14 **C/D** 28/10 **E/D** YES, +£2

CUMBRIA

•TRAIL

THE HOPE NORTHERN SKELETON RUN

VENUE Whinlatter Forest, Braithwaite, Keswick, 7:30pm **CONTACT** Gaynor Prior; 0800 298 7376; 0796 883 6549;

info@theskeletonrun.co.uk; www.theskeletonrun.co.uk **COST** £15 **E/D** YES, +£5

•TRAIL •RURAL

TRAILScape RAIL TO TRAIL SERIES - NORTH MARATHON (+)

VENUE Newport Village hall, Station Road, Newport, 8:30am **CONTACT** hannah osborne; info@trailscape.co.uk; www.trailscape.co.uk **COST** £40 **E/D** NO

NOTTINGHAMSHIRE

•ROAD

SPOOKY SPRINT NOTTINGHAM 2015 10K (+)

VENUE The National Water Sports Centre, Adbolton Lane, Holme Pierrepont, 5pm **CONTACT** Parkinson's Events; 020 7932 1314; events@parkinsons.org.uk; www.parkinsons.org.uk/halloween15 **COST** £23/£25 **E/D** YES, £30

SHROPSHIRE

•TRAIL

THE 9BAR PUMPKIN MARATHON

VENUE Burroughs Bank, Lightmoor, Telford, 9am **CONTACT** Denzil Martin; 07585 001 006; denzil@codrc.co.uk; www.codrc.co.uk **COST** £28/£30 **E/D** NO

SURREY

•TRAIL •RURAL

HALLOWEEN OAKS PARK 10KM FUN RUN

VENUE Oaks Park Tea Rooms, Croydon Lane, Banstead, 7pm **CONTACT** David Ross; 0798 454 0177; info@hermesrunning.com; www.hermesrunning.com **COST** £12/£14 **C/D** 28/10 **E/D** YES, £18

SUNDAY NOVEMBER 1

BERKSHIRE

•TRAIL

THE 10K MUDDY MORUN 2015

VENUE The Lookout, Discovery Park, Swinley Forest, Bracknell, 10am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixuk.com; muddy.mo-running.com/ **COST** £20 **C/D** 25/10 **E/D** NO

•TRAIL

THE 10MILE MUDDY MORUN 2015

VENUE The Lookout, Discovery Park, Swinley Forest, Bracknell, 10am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixuk.com; muddy.mo-running.com/ **COST** £25 **C/D** 25/10 **E/D** NO

BUCKINGHAMSHIRE

•ROAD •RURAL

MARLOW 7

VENUE Marlow Sports Club, Pound Lane, Marlow, 9:30am **CONTACT** Marlow Half Marathon; marlowhalf@marlowstriders.co.uk; www.marlowstriders.co.uk **COST** £16/£18 **C/D** 22/10 **E/D** YES, £20

•ROAD •RURAL

MARLOW HALF MARATHON

VENUE Marlow Sports Club (To be Confirmed), Pound Lane, Marlow, 9:30am **CONTACT** Marlow Half Marathon; marlowhalf@marlowstriders.co.uk; www.marlowhalfmarathon.co.uk **COST** £22/£24 **C/D** 22/10 **E/D** YES, £28.50

CAMBRIDGESHIRE

•ROAD •RURAL •FLAT

LODEHALF MARATHON (+)

VENUE Passage Hall, Lode, Cambridge, 10am **CONTACT** Tessa Shrubbs; 01223 811 812; lodefarm@aol.com; www.loderunners.co.uk **COST** £21/£23 **C/D** 24/10 **E/D** YES, £25

CUMBRIA

•ROAD •RURAL

DERWENT WATER 10

VENUE Keswick School, Keswick, Noon **CONTACT** Phil Winkill; 01768 744 803 [eve]; derwentwater10@gmail.com; www.keswickac.org.uk **COST** £12/£14 **C/D** 24/10 **E/D** NO

ESSEX

•ROAD •URBAN •RURAL

BILLERICAY STRIDERS 10K

VENUE Hannikins Farm Community Centre, Rosebay Avenue, Billericay, 9:45am **CONTACT** Janet and John Pardon; 01277 840 224; jan.pardon@btinternet.com; www.striders10k.billericaystriders.com **COST** £11/£13 **C/D** 24/10 **E/D** YES, +£2

GLOUCESTERSHIRE

•TRAIL •RURAL

THRILLER RUN (+)

VENUE National Star, Ullenwood, Cheltenham, 1pm **CONTACT** Nina Bartlett; 01242 524 478 [day]; afieldher@natstar.ac.uk; www.thrillerun.co.uk/ **COST** £28 **C/D** 24/10 **E/D** NO

HEREFORDSHIRE

•ROAD •URBAN •RURAL •FLAT

HEREFORD CITY 10K

VENUE Near ASDA, Belmont Road, Hereford, 9am **CONTACT** Nathan Poolton; dorstonerunner@hotmail.com; www.peakperformanceevents.co.uk **COST** £13 **C/D** 13/10 **E/D** NO

LONDON

•ROAD

THE MORNINGTON CHASERS REGENT'S PARK GRAND PRIX 10K WINTER SERIES RACE TWO

VENUE Regent's Park, Start location is near The Hub, London, 9:10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £15/£17 **C/D** 27/10 **E/D** YES, £20

•ROAD •FLAT

TRICK OR TREAT RUN

VENUE Richmond Park, Richmond, 10am **CONTACT** http://humanrace.co.uk/events/running/trick-or-treat-run **COST** £15/£25 **E/D** YES

SHROPSHIRE

•TRAIL •RURAL

THE NOVEMBER NIGHTMARE 6 MARATHONS IN 6 DAYS

VENUE Burroughs Bank, Lightmoor, Telford, 10am **CONTACT** Denzil Martin; denzil@codrc.co.uk; www.codrc.co.uk **COST** £160/£165 **C/D** 30/10 **E/D** YES, £180/£192

SOMERSET

•ROAD •URBAN •RURAL

WESTON SUPER MARE GRAND PIERHALF MARATHON

VENUE The Grand Pier, Marine Parade, Weston-super-mare, 8am **CONTACT** Jarad Collard; vicky@freakevents.co.uk; www.freakevents.co.uk **COST** £27.50/£29.50 **E/D** NO

STAFFORDSHIRE

•ROAD •RURAL

FLYING FOX 10

VENUE All Saints First School, Standon, 10:30am **CONTACT** Thomas Johnson; races@stonemm.co.uk; www.stonemm.co.uk/our-races **COST** £12/£14 **C/D** 25/9 **E/D** YES, +£2

•TRAIL •RURAL

THE WESTON PARK OBSTACLE CHALLENGE (+)

VENUE Weston Park, Weston-under-lizard, 10:15am **CONTACT** Ryan Talbot; 07812 858 355; info@kickassendurance.co.uk; www.kickassendurance.co.uk **COST** TBC

SUSSEX

•ROAD •RURAL

THE 11TH BECKLEY 10K (+)

VENUE Village Centre, Main Street, Beckley, Rye, 11am **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £13/£15 **C/D** 27/10 **E/D** YES, +£2

TYNE & WEAR

•ROAD

NEWCASTLE TOWN MOOR MARATHON

VENUE Exhibition Park, Newcastle Upon Tyne, 9:30am **CONTACT** George Routledge; ntmmnevasec2013@hotmail.com; www.northeastmarathonclub.co.uk **COST** £17/£19 **C/D** 25/10 **E/D** NO

WALES

•ROAD

ABERGELE 5

VENUE Abergele Leisure Centre, Faenol Avenue, Abergele, 1pm **CONTACT** sean mccormack; 07774 948 596; sean@abergeleharriers.co.uk; Abergele5.Abergeleharriers.co.uk **COST** £8/£10 **C/D** 28/10 **E/D** YES, +£2

YORKSHIRE

•TRAIL •URBAN •RURAL

WHITE ROSE ULTRA (+)

VENUE Marsden CC, Mount Road, Huddersfield, 8am **CONTACT** wane law; 01484 599 123; 07717 711 343; info@teamoa.co.uk; www.whiteroseultra.co.uk **COST** £45 **C/D** 15/10 **E/D** YES, +£15

SATURDAY NOVEMBER 7

CHESHIRE

•TRAIL

PETZL NIGHT RUNNER - DELAMERE FOREST

VENUE Delamere Forest Visitor Centre, Delamere, 7pm **CONTACT** Chris Kitchen; www.thenightrunner.com **COST** £25 **E/D** NO

•TRAIL •RURAL

WARRINGTON WAY 40 MILE TRAIL RACE (+)

VENUE Maple Lodge, May Queen Field Drive, Pepper Street, Lymm, 7am **CONTACT** Kieran Walshe; warringtonway@lymmrunners.org.uk; lymmrunners.org.uk/warrington-way/ **COST** £25/£27 **E/D** NO

DERBYSHIRE

•ROAD •FLAT

NO WALK IN THE PARK 5K (+)

VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am **CONTACT** John Cannon; 01246 566 458; 07902 249 316; j.cannon846@btinternet.com; northderbyshire.jimdo.com/ **COST** £3/£5 **E/D** ONLY

GLOUCESTERSHIRE

•TRAIL •RURAL

AVON VALLEY RAILWAY 4/10K (+)

VENUE Avon Valley Railway, Bittton Station, Bath Road, Bittton, Bristol, 9am **CONTACT** Tony King; donna@aspirerunningevents.co.uk; www.aspirerunningevents.co.uk/project/2074/ **COST** £9.50/£11.50 **E/D** YES, +£2

GREATER MANCHESTER

•TRAIL •URBAN •FLAT

MEN'S HEALTH SURVIVAL OF THE FITTEST MANCHESTER (+)

VENUE Etihad Stadium, Manchester, 10am **CONTACT** Rat Race; events@ratrace.com; www.mhsurvival.co.uk **COST** £55 **E/D** NO

HAMPSHIRE

•ROAD

RUN FOR HOT CHOCOLATE - 5KM SOUTHAMPTON

VENUE Southampton Common, Southampton, 11am **CONTACT** Martyn Edwards; 07909 915 444; enquiries@runforchocolate.co.uk; www.runforchocolate.co.uk **COST** £25 **E/D** NO

HERTFORDSHIRE

•TRAIL •RURAL

DRUID CHALLENGE RIDGEWAY ULTRA 82, 2015 (3 DAY MULTI-STAGE)

VENUE Ivinghoe Beacon, Tring, 10am **CONTACT** Brian Thubron; 07801 244 628; info@xnrg.co.uk; www.xnrg.co.uk/events/details/druid-challenge-ridgeway-multistage-ultra-2015.aspx **COST** £55 **E/D** NO

LONDON

•ROAD •FLAT

QUEEN ELIZABETH OLYMPIC PARK 10KM

VENUE Queen Elizabeth Olympic Park, London, 9:30am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; atndi/29029-2 **COST** - **E/D** NO

NOTTINGHAMSHIRE

•TRAIL

ROBIN HOOD 10K (+)

VENUE Sherwood Pines, Nottingham, Noon **CONTACT** Linda Hamilton; 01427 718 888; info@onestepbeyond.org.uk; www.onestepbeyond.org.uk **COST** £15/£17 **C/D** 24/10 **E/D** YES, +£5

SCOTLAND

•TRAIL •FLAT

SUPERNOVA 5K - HELIX PARK, THE KELPIES

VENUE Helix Park, The Kelpies, Grangemouth, 7pm **CONTACT** GSI Events Ltd. Events Ltd; info@gsi-events.com; www.speedoflightrun.com **COST** £13.99/£15.99 **E/D** NO

•TRAIL

THE 10K MORUN HOLYROOD PARK EDINBURGH 2015 (+)

VENUE Holyrood Park, Edinburgh, 10am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixuk.com; edinburgh.mo-running.com/ **COST** £20 **C/D** 1/11 **E/D** NO

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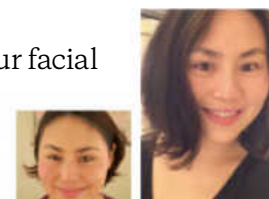
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I'M A RUNNER

Steve Swanson

The NASA astronaut, 54, on running in space and what happens to sweat in zero gravity

I didn't run much in high school, but then my dad got into it. I started to stay in shape and spend time with him.

Getting out on trails helped me enjoy running. I like hiking, so when I put the two together, I realised I could go for hours. I wasn't good at first, and I'm still not that fast, but I'm happy.

There's a treadmill on the International Space Station because exercising is a requirement. It's suggested we work out for two hours every day to counteract the loss of bone density and muscle caused by being in space. Staying in good shape will help you be better on board and when you get back home.

All the astronauts run. Michael Hopkins runs fast, hard and long. And Sunita Williams ran the Boston Marathon up there. [She began at the same time as the race and wore an official number.]

You have to wear a harness on the treadmill to hold you down; otherwise you'd float off. We attach a system of bungees and carabiners on both sides, which determines the weight of the harness. That way, you're running with close to your body weight. Running under your full body weight would be too heavy. Imagine carrying an 86kg pack. I started out wearing 52kg and worked up to 63.5kg.

It's a little easier on your legs as you run, but more difficult on your shoulders and your back. That's why I got into doing intervals; you can get a lot done in a short period of time.

Without gravity, sweat pools on your skin and it doesn't come off until you wipe it away with a towel. If you don't do that, it just hangs there.

I did the 200-mile Wild West Relay in Colorado twice on earth and once in orbit. I ran my sections of it in space, and my five teammates ran the actual



'Back on earth your body has to relearn how to run'

course. Once I got word that it was my turn, I simply hopped on the treadmill.

I think I did 36 miles in total. As a team, we completed the 200 miles in 28:56:59. While we raced, the space station orbited 18 times and travelled 500,000 miles.

They don't let you run for almost two weeks after you get back. That's because the core and some of the other ligaments

and tendons haven't been worked out as much as you'd like. You've got to give them time to get back up to working speed.

Back on earth, your body has to relearn how to run. I find lifting my legs is much more difficult at first. I start off on the treadmill, which is softer than being on the road, and I just do half a mile. If that works fine, the next day I go up to a mile. We just work our way into it.

MY FAVOURITE...



Shoes
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Race
I've finished the 52-mile Bighorn Mountain Trail Run in Wyoming three times. You're taken to the other side of the mountain range and then you run back.



Running tunes
I like the band Walk the Moon. Their songs *Anna Sun* and *Jenny* really get me going.

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